



Matters of heart

Single Soldiers get training on successful relationships

How To Avoid Marrying A JERK or JERKETTE.

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Fort Riley Post

On tour

1st Inf. Div. Band members complete their spring tour

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Thursday, March 29, 2007

Home of the Big Red One

Vol. 50, No. 13

Post, Army news briefly

Outdoorsmen set turkey hunt

The Fort Riley Outdoorsman Group will hold a free youth turkey hunt in April. For more information, interested hunters should e-mail the group at fortrileyoutdoorsman-group@yahoo.com or call Shawn Stratton at 239-6069.

JROTC seeks unit sponsor

Fort Riley Public Affairs is looking for a unit volunteer to support the Junction City High School JROTC orienteering training in May. Approximately 45 cadets will be conducting orienteering training from 7:30 a.m. to 3 p.m. May 5 at Moon Lake and Training Area 17. Interested units can contact the Fort Riley Community Relations Office at 239-2022 or 239-3358 or e-mail april.blackmon@us.army.mil before April 5. Reference JROTC orienteering in responses please.

Warrant Officer briefings offered

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief on qualifications and application procedures to Soldiers interested in becoming U.S. Army Warrant Officers. Briefing will be held 9:30 a.m. and 1:30 p.m. April 9, 10 and 12, and at 9:30 a.m. April 13 in Room 4 at the Digital Training Facility, Building 7285 Normandy Dr. For more information, contact Chief Warrant Officer Anthony L. Edwards at anthony.edwards@usarcc.army.mil, or DSN 536-0329 or 536-0328.

Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation April 6 offered by Army Community Service's relocation staff. Participants will learn fun facts, interesting information and what the Fort Riley area has to offer. Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2665@riley.army.mil to reserve a seat.

Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13. Stories planned for this week's show, which runs on WIBW TV March 31 and on the post's cable channel 2 April 2-8 are:

- News and pictures from Fort Riley units in Iraq
- An update on the latest Fort Riley casualties
- Afghan Sgt. Maj. of the Army observes TT training
- Women's History Observation
- Congressional leaders visit TT training
- Ware Elementary School Market Day

PMO different in name, not services

By Spc. Stephen Baack
1st Inf. Div. PAO

Since Sept. 11, 2001 the move to align emergency responders in both the civilian and military sectors has been paramount to avoiding communications mistakes and to better the efficiency of the incident management system. Though Fort Riley was the first of 68 installations Army-wide to

complete the newly-devised installation force-protection exercise in January to test and improve the garrison's response to a multi-part terrorism incident by aligning first responders, integrating the fire department with the Provost Marshall's Office is something new to Fort Riley.

By April 1 the PMO, which is comprised of the military police, Department of the Army police, physical security and access control, is scheduled to officially align with the Fort Riley Fire Department and change its name to the Directorate of Emergency Services.

Police Department.

"For incident management, it's important that first responders work together," Ferris said. "This is all part of the same thing that, across the country, first responders are starting to work a lot more closely together post-9/11. We saw the need for having a common radio system, common dispatching and those kinds of things."

The consolidation will put Fort Riley's first responders in line with the format of the national incident management system and the Installation Management Command standard garrison organization.

"From the outside looking in, people won't see a change, an effect or a decline in services being provided," Ferris said. "It's

See PMO to DES, Page 3

Fuel point

Fuelers train with new-to-them system

By Pfc. Dustin Roberts
CAB PAO

Petroleum specialists in the Combat Aviation Brigade here and a reserve company from Kansas City trained with a four-year old refueling system March 21-22.

The Soldiers trained with the Advanced Aviation Forward Area Refueling System to better prepare for the brigade's scheduled deployment to Iraq this summer, said Pvt. Michael Humphrey, Company E, 3rd Battalion, 1st Aviation Regiment.

The AAFARS, which is new to Fort Riley, is a highly developed helicopter refueling system designed to refuel in areas where heavy expanded mobility tactical trucks (HEMTT) can not go.

The system can be placed on a pallet and sling-loaded by a helicopter to places such as unsecured areas and terrain where it would be difficult or impossible for HEMTTs to travel, said Ricky Laceywell, fielding chief for the petroleum and water systems office on post.

"All it takes is a helicopter and a sling-load, and it doesn't stop the mission," Laceywell said.

The AAFARS replaced the former refueling system after years of suggestions from fuelers' and proposals for a new one.

"This system was actually built by Soldiers for Soldiers," Laceywell said. "It's much easier and faster than the old one."

The system can fuel 4 helicopters at the same time and can pump 55 gallons of fuel per minute.

It also uses unisex hoses for easier assembly, Laceywell added.

It takes four or five Soldiers to assemble

See AAFARS, Page 3



Pfc. Clifford Bennett, Company E, 3rd Battalion, 1st Aviation Regiment, Combat Aviation Brigade, unravels a hose during Advanced Aviation Forward Area Refueling System training.

Soldiers get second chance

Rehab transfers seek to save 'valuable resources'

By Master Sgt. Jack Lee
1st Bde. PAO

George Washington is quoted as saying, "discipline is the soul of the Army. It makes small numbers formidable, procures success to the weak, and esteem to all."

Two 1st Brigade Soldiers who felt the brunt of such discipline are now "Soldiering on" thanks to a second chance at procuring success and salvaging their Army careers — each a signature away from being chaptered out of the service.

Spc. Kimberly Holmes is one of the Soldiers.

An automated logistics specialist working as an administrative clerk in Headquarters and Headquarters Company, Holmes has worked her way back after being demoted to private, 11 months ago to being pinned a specialist March 1.

"I was on the verge of being chaptered out," Holmes said. She had just re-enlisted when she got herself in trouble. "I was shocked, hurt and disappointed — both in myself and the system," Holmes said about the incident.

"I attended a meeting with my first-line leaders and (1st Bde.) Command Sgt. Major Peter Burrows and there I told him I loved the Army, that's why I reenlisted. I was glad that he listened to me," she said.

Warranting a chance

As part of the chapter process, a review is needed before the command signs off on the action. In 1st Bde., when looking at the Soldier and chapter packet, a decision is made by leadership as to whether a second chance is warranted.

Subordinate units recommend Soldiers for separation from the Army and, Burrows said, he knows those units do everything in their power to salvage Soldiers' careers and that all processed are carried out in a proper manner.

Rehab transfers aren't a second guess of a Soldier's immediate command by the 1st Bde. command group, Burrows said, but if stopping the process, even at the last minute, could yield a Soldier who will be productive in the Army, it is worth it.

"The best lessons you learn might just be ones you realize when you find yourself in the depths of despair," Burrows said. "These Soldiers are at the brink of

See Second chance, Page 4

TT Soldier remembered at post ceremony

By Sgt. Nicole Clarke
CAB PAO

A father, grandfather, husband, friend and Soldier was remembered March 21 at Fort Riley.

Sgt. 1st Class John Stephens, 41, who died when his vehicle was struck by an explosive charge during combat operations March 15 in Tikrit, Iraq, was honored at a memorial service at Morris Hill Chapel.

Stephens was a healthcare specialist with a transition team from the 1st Infantry Division.

While the transition team was in Iraq, the Soldiers would pray before every mission, said Capt. Michael Boyles, who paid tribute to Stephens during the memorial.

The first couple of times the

group prayed, one of the Soldiers would ask for angels to watch over them on their upcoming mission," Boyles said. "I really like it when you put the angels in there." Boyles related Stephens telling the Soldier, "After that he never left them out again."

"Now Stephens, or Doc as we called him, will be looking over us providing overwatch," Boyles said.

Before the firing of the volleys and taps were played, Sgt. 1st Class Michael Stanford called the last roll call.

"Sgt. 1st Class Stephens, Sgt. 1st Class Stephens," he said.

The call was answered with silence.

"May we never forget our courageous fallen hero," said Chap. (Capt.) Gary Lewis.

Soldiers, friends and family members paid tribute to Sgt. 1st Class John Stephens as they passed the memorial to him at a ceremony held March 21 at Morris Hill Chapel. Stephens, a transition team member, died during combat operations while in Tikrit, Iraq.



CAB/Clarke



Exercise tests transition teams, combat lifesavers

By **Spc. Stephen Bauck**
1st Inf. Div. PAO

As a group of Iraqis made their way to Mecca for a religious holiday, an explosion ripped through their vehicle killing and wounding the occupants. When Iraqi security forces and local onlookers converged on the scene, an unknown chemical agent filled the air enveloping everyone.

The transition team Soldiers who encountered this training scenario may never see anything quite like it when they get to Iraq. Successfully taking on a situation like this March 22 mass casualty exercise, however, reinforced the faith of at least one medic had for his combat lifesavers.

"Every day it's new trials and tribulations, but we're getting through it and right now I am so confident in the team," said Staff Sgt. Marcell Jones, battalion T1 medical adviser for Team 93-99. "I don't see myself having any problems with the team as far as medical is going and just the personal knowledge that the guys uphold."

The MASCAL, part of the four-day mission readiness exercise that serves as the culminating evaluation for TTs, tested the Soldiers in their combat lifesaving skills and in dealing with Iraqi people.

Central to the final test were three groups: civilians on the battlefield (COBs), mock Iraqi security forces and observer/controllers, who evaluate and provide input to the TTs after each part of the exercise.

"It's fun," said Denise Corey, a COB at the MASCAL. "Some-

times it's hard work, but I understand the reason we're doing it. My husband's a Soldier, so when he goes downrange I want him to be prepared. That's why we're here ... The more realistic we can make it for them, the better the training, and the more accurate it's going to be.

"Our Soldiers are down there fighting and being injured and being killed, unfortunately, but that's the reality of it. It's extremely important to keep them trained properly and to keep them prepared for any situation."

The scenarios, Corey added, just like downrange, can sometimes change day to day. The COBs are instructed to do one thing, she said, and 10 minutes later it could all change.

"The MRX so far has been pretty good," said Capt. Joe Peltier, executive officer, intelligence officer and one of the many combat lifesavers for Team 94-07.

"We've been thrown in to all types of different scenarios that we can encounter in theater. Every exercise that they throw at us has been a learning experience. I plan to continue to learn and take that forward with us."

Though Peltier and his team knew there would be a MASCAL exercise as part of the MRX, he and his team had no idea when, where or what the circumstances would be.

"I think that's good for training," Peltier said. "If you know something's going to happen, you've got time to get yourself mentally wrapped around everything that you need to do. You can walk through it a couple of times; do rehearsals."

"I think when we get in theater,



Staff Sgt. Troy Miller, transition team Soldier, applies an emergency trauma bandage to the leg of Brian Tompkins, a civilian on the battlefield, after he played the part of the "crazy guy" who set and detonated an improvised-explosive device at Urban Cluster 1 March 21 during a course-culminating mission readiness exercise for multiple transition teams.

we're not going to have time to do rehearsals if stuff happens on the fly on the streets, so it's good training for us," Peltier added.

When the whole thing was over, Peltier and others were happy with their performance.

"We performed very well," he said. "People broke down, didn't have to be asked or told what to do. People started identifying and reacting based off their training."

During the after-action review, observer/controllers gave special recognition to the medic on site.

"These casualties are dead," said Sgt. 1st Class Michael Grannan, an observer/controller for the exercise, to the group during the AAR. "Take these out of this area. They do not need to be around the live patients. That was perfect. Sergeant Jones, you did an excellent job, just to let you know."

"I noticed when you went by you did correct people," Grannan continued. "And you did look at them and say, 'Make an assessment, make an assessment. Did you look at everything?' You did a super job. Congratulations. I think you did an excellent job. You guys are lucky. You've got a good medic."



Maj. Chris Kuhn, battalion team leader for Team 94-07, helps comrades "save a life" as he applies a combat application tourniquet to a dummy during the mass-casualty exercise portion of the team's four-day, course-culminating mission-readiness exercise March 22.



Canisters release an unknown chemical agent, creating a yellow shroud of gas around civilians on the battlefield in the distance during a mass-casualty exercise March 22.

HOUSE FILL AD

HEARTLAND WORKS
4 x 8"
Black Only
4x6 Ft. Riley Career Expo

EASTSIDE MARKET-MANHATTAN
2 x 8"
Black Only
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AAFARS

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it in about 10 minutes. "I love the quick set up and abilities the AAFARS has," Humphrey said.

At the end of the training, the Soldier's we're broken up into groups and tested on the system. They were about 25 minutes to set it up to be operational.

"The hands-on portion of the training was very beneficial," said Pfc. Autumn Hunt, 842nd Quartermaster Company, Kansas City. "It's a very well thought-out system."

Since the CAB is scheduled to deploy later this year, the AAFARS will continue to be trained on for use in Iraq.

"The most important part of this system is it's a lot safer than the old one," Laceywell said. "Transporting it with a helicopter won't put troops in harm's way as much as convoys do."

Laceywell added that the more durable AAFARS will be a great addition to the CAB.

"I'm glad the system is here," Laceywell said. "This is just another feather in aviation's cap and I'm sure Soldiers are going to get the most of it."



CAB/Roberts

Pvt. Wellington Sage and Pvt. Michael Humphrey, Company E, 3rd Battalion, 1st Aviation Regiment, Combat Aviation Brigade, assemble the Advanced Aviation Forward Area Refueling System in their final test after learning about the system.

PMO to DES

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going to be pretty transparent to most people. The importance for us is to get the joint training – better training opportunities to work together between the police and fire specifically.

Within the next year Ferris wants to help establish a combined-dispatch center for both the police and fire departments.

Ferris said it may not be so apparent to some people that the military police and DA police have already consolidated into the Fort Riley Police Department.

"They will be doing the same thing," Ferris said. "That's the way it's been for a while. I know it's hard to break the habit of 'military police' and 'provost marshal's office.' I know that, and that's one of the reasons for doing this, is to get the word out. Things aren't going to change as far as what we do or how we do it."

"When you have DA police riding in a vehicle marked 'Military Police,' everybody assumes it's going to be a military police officer that jumps out," Ferris added. "So, this is just kind of to bring in line with the standard garrison organization where you have the Fort Riley Police Department and Fort Riley Fire Department."

Ferris said this change in nomenclature for other installations like Fort Carson, which is for instance only now adopting the "Fort Carson Police Department" and "Fort Carson Fire Department" designations, simply represents the move toward a prevailing "commonality of terms" for the first responders across the Army.

Ferris said while physical consolidation between the FRPD and FRFD is a long way off, a com-

mon command-and-control of the first responders is the over-arching change.

"The fire department will remain in the same location," Ferris said. "Nothing will change as far as that goes. In the next so many years, we'll have a project that will hopefully get approved for a Directorate of Emergency Services building, which will house the main fire station and police station all in one big complex – but that's down the road."

Ferris said though the shift is significant, the official April 1 change won't prompt any formal ceremony the caliber of a change of command or unit activation.

"We might do something small, but we're not going to get the horses out there. This is more an efficiency-related thing."

Soldiers, civilians honored for service

The following Soldiers were honored for their service at a retirement ceremony March 28 at Long Gym.

Chief Warrant Officer John G. Meredith, DPTMS Airfield Operations
Sgt. Major Thomas L. Kelly, 1st Inf. Div. Command Career Counselor
1st Sgt. Larry D. Caldwell, 1st Inf. Div. Equal Opportunity Adviser
Master Sgt. Vera L. Reese, 1st Mob. Det.
Sgt. 1st Class Christopher

S. Poindexter, 101st FSB
Sgt. 1st Class Gregory A. Harmon, 101st FSB
Sgt. 1st Class David C. Pierce, 4th Bn., 1st FA
Sgt. 1st Class Richard T. Bea, 4th Bn., 1st FA
Sgt. 1st Class Bobby Wiggs, HHC, 3rd Bde.
Sgt. 1st Class Douglas R. Barker, 101st FSB
Staff Sgt. Bobby N.R. Nickerson, 4th Bn., 1st FA
Staff Sgt. Kevin L. Gibson, DENTAC
Karen Fox, DPW
Judith Moseley, DMWR

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FT. RILEY EDUCATION SERVICES
3 x 10.5"
Black Only
3x10.5 Fort Riley Ed Service





Post, Army news briefly

Employee survey begins

An Employee Satisfaction Survey will be conducted on Fort Riley, April 1-13. This survey will provide civilian employees an opportunity to submit confidential direct input to management in the areas of leadership; personal work experiences; recruitment, development and retention; performance culture; and job satisfaction.

Each organization has selected an individual to serve as a point of contact for the survey. These POCs will be responsible for dissemination of the survey throughout organizations and ensuring confidentiality is maintained.

Scaled envelopes will be provided and employees may return surveys to POCs, place in the organization's drop box or return to the Plans, Analysis, and Integration Office via distribution.

For questions, contact Todd Douglass at 239-2205 or Pam Perry 239-2011.

JROTC seeks unit help

Fort Riley Public Affairs is looking for a unit volunteer to support the Junction City High School JROTC unit in May.

The group would like a combat arms orientation on any one of the following days: May 7, 8, 10, 11, 15, 17 or 18. This is part of a field trip to familiarize the JROTC cadets with Fort Riley and the U.S. Army. The unit requests a one-hour orientation and tour of the unit's area, barracks, training area, motorpool and/or equipment.

Interested units can contact the Fort Riley Community Relations Office at 239-2022 or 239-3358 or e-mail april.blackmon@us.army.mil before April 5. Reference JROTC field trip in responses.

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LIGHTHOUSE CHRISTIAN FELLOWSHIP
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Second chance

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career death, and at the brink of death you tend to get a unique perspective about life, and if you get another chance you'd do many things different."

Holmes was one of the Soldiers identified for rehabilitation and reassigned.

Sgt. 1st Class Cassius Deas, senior human resources noncommissioned officer for HHC, 1st Bde, tried to keep an open mind. "Whatever little bump in the road they had, it's over with and they are here, driving on with their careers," he said. "I counseled them that this was their second chance. You've got to take advantage of this and fly right or face the consequences."

Holmes said she didn't feel the pressure, she was just relieved. She had her second chance and is making the best of it. "I'm treated like a Soldier," she said.

Others also have notice Holmes's response to this vote of confidence.

"Spc. Holmes has done a 180-degree turnaround," Deas said. "I am very happy things are working out for her. All-in-all, Deas said he feels it's about "50-50," meaning that it doesn't always work out. Holmes is though, and becoming a better Soldier every day.

"Spc. Holmes has done a superb job for us," said Capt. Larissa Kupczyk, 1st Bde. adjutant. "With the long hours and heavy workload here, she has maintained a great attitude and work ethic."

Not a choice for all

For some Soldiers, being chaptered out of the Army is what they



Pfc. John Abel checks the oil during a preventative maintenance and services check. Abel said every day that goes by, he remembers how close he was to throwing it all away and how thankful he is someone believed in him.

want and no amount of rehabilitative attempt will make any difference. The 1st Bde. command team is happy to let those Soldiers go. They are adamant, Burrowes said, that those Soldiers who are a physical threat to themselves or others are not delayed from separation. Some are different, though, ready to work hard at doing right and becoming "Army Strong," he added.

Rehabilitative transfers aren't unique to 1st Bde. but part of the entire chapter process.

Pfc. John Abel, command driver with HHC, 1st Bde., is another rehab transfer who's circumstances were a bit differently than Holmes's.

Abel is married and has a 14-month-old son. The command called him and his family in to a meeting and spoke to them

together.

"We were called in for a meeting with the brigade commander and sergeant major," Abel said. "They talked about us supporting each other, being there for each other and that this was going to be a family decision."

"They asked Jessica if she liked being an Army wife and did she want to stay as an Army wife, which she did," Abel said. Staying

in the military has been a good decision for the family, Abel said.

Reduced to private, Abel's is back to a private first class. More importantly, he said, he's gaining his self-respect back.

"When I went to E-1 from corporal I lost respect for myself. I was ashamed to even be talking to other Soldiers," Abel said, and then added in reflection, "I didn't think it could get any worse."

"I didn't know if I would go home, and my wife and child would be gone, whether I lost my home. It was just a very scary time," he said. But, that is behind him now. He received his second chance and is glad he did.

"I've regained the trust of the command - something that's very important to me. Today I have to look past what I did and know now I have a future," he said.

His future includes calling the ones who assisted him through this difficulty and letting them know just how well he's doing. "I'm going to be making telephone calls in 25 years," Abel said. His wife even has it marked on a calendar.

"Soldiers make mistakes. Even the best of us can make mistakes," Burrowes said. Those who show an "11th hour" reprieve is a positive move, then a rehabilitative transfer might be warranted, he said.

"Can everyone be salvaged? No, not all, Burrowes said. But, in some situations, for some Soldiers, it's worth a try, he added, and 1st Bde. is willing to take that chance on the Army's most valuable resource.

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Commentary

Thursday, March 29, 2007

Fort Riley Post

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Riley Roundtable

This week's question:

Education Services is holding an education forum April 3 and 4 at Riley's Conference Center to discuss educational needs of Soldiers and their families on post. How does furthering your education help you as a Soldier?



"(Classes) are great opportunity for anyone that joins the Army. It's a chance to advance your career."

Pfc. Robert Noel
Communication ground station
operator
3rd Bde.



"It helps with promotion points, it allows Soldiers to get their degree and further their career. It's a good program."

Spc. Margaret Brock
Training room clerk
101st FSB



"I think it's a great benefit to Soldiers. We have 100 percent tuition assistance, and with online classes, it's easier than ever to get an education."

Sgt. 1st Class Luis De La Rocha
1st Sust. Bde.



"It helps Soldiers out with their careers if they stay in the military, and they have an education to fall back on if they don't. A lot of Soldiers join the Army just for the educational benefits."

Spc. James Hildebrand
Apache crew chief
Co. C, 601st Avn. Regt.



"I think it's a lot of help. My wife signed up for classes online and it's helping her a lot... Then Soldiers can do the same for promotion points. It's a plus."

Spc. Cedric Damon Robinson
Tanker
2nd Bn., 70th Armor

Suicide Prevention Program

The Department of Army has released the latest data on suicide in the Army, which shows a seriously elevated suicide rate for fiscal year 2006. The report indicated the deployment areas of Iraq and Kuwait to have experienced the greatest increase of suicides.

As a result of the Army's report and its findings some recommendations have been presented to address the Army's concerns with increased suicides.

One of the recommendations was a need for a suicide prevention, identification and intervention program where prevention activities can be facilitated to lower suicidal ideation through awareness training. Through better awareness training a wider knowledge base will result among the military population about suicide and the identification of those Soldiers that may be at high risk for suicide. With a higher knowledge base and understanding, successful referrals for evaluation and preventative care can be provided. The active intervention of military suicides will occur when there are better programs and trained gatekeepers who are skilled in getting those Soldiers who are clearly at risk of suicide to the professionals who can provide

treatment and support before they harm themselves.

In support of the awareness training and the gatekeeper program, it was recommended to make behavioral health care more accessible to Soldiers in combat and other high stress environments and to communicate command focus and approval to Soldiers that it is okay to seek mental health care when dealing with life's problems.

...

The Army is actively addressing the social problem of suicide by expanding current suicide prevention programs not only to involve Soldiers but spouses, family members and communities. Soldiers involved in pre-deployment, deployments, re-deployments to and from combat zones or other high stress related missions need

the support and assistance offered by the suicide prevention programs, qualified gatekeepers and all available support resources.

The potential for suicidal ideations or behaviors are more likely to occur at rapidly deploying installations such as Fort Riley. Other validated report data shows that every 17 minutes, someone commits suicide in the United States and every 43 seconds, someone attempts suicide. The Surgeon General notes that almost 90 percent of those who kill themselves have a treatable mental or substance abuse disorder.

...

The current demographics and statistics for calendar year 2006 show that there were 98 confirmed suicides and three still pending investigation. Four of those suicides were here at Fort Riley.

Suicide Prevention

Army suicide data shows increase in '06

Getting help

Fort Riley has several resources that Soldiers can use or be referred to: mental health, unit chaplains, the Army Suicide Crisis Hot Line at (800) 464-8107 and family life consultants. For more information on suicide prevention or to schedule a suicide prevention training, call Charles Jackson, suicide prevention training coordinator at 239-1012 or 239-5047.

Data showed suicide is most likely to occur on Tuesday, Wednesday or Thursday of any given week. Soldiers ranked private through specialist are more prevalent to committing suicide. The youngest Soldier to commit suicide was a 19-year-old enlisted Soldier. The oldest was a 56-year-old officer. In calendar year 2006, 89 percent of suicides were males and 11 percent females.

The most common way to commit suicide was with firearms. Single Soldiers made up 57 percent of the data and 43 percent were married Soldiers.

Fort Riley has several resources that Soldiers can use or be referred to: mental health, unit chaplains, the Army Suicide Crisis Hot Line at (800) 464-8107 and family life consultants.

Applied Suicide Intervention Skills Training (ASIST) classes are interactive learning workshops, designed to promote suicide intervention and to certify qualified gatekeepers. ASIST courses are given twice a month. The next scheduled ASIST course will be held April 11-12 at Riley's Conference Center. For more information or to register for ASIST, contact Charles Jackson, suicide prevention training coordinator at 239-1012 or 239-5047.

Personal Safety

ISO, FORSCOM work to prevent accidents

By Darla Griffith

Installation Safety Office

Despite the efforts of Leaders across the U.S. Army Forces Command, in the last two years, we have experienced increases in accidental Soldier fatalities. This trend is cause for alarm and has prompted the development and implementation of the Noncommissioned Officer Loss Prevention Leadership Program.

Gen. Dan K. McNeill, during his command at FORSCOM, stated in a memorandum March 14, 2006, "Our NCO Corps must attack this problem to preserve our combat power. Every NCO must understand that ensuring the responsible behavior of Soldiers is an essential professional duty."

FORSCOM Command Sgt. Major Dennis M. Carey, in a memorandum dated March 16, 2006, strongly supported the program adding, "This mandate rests squarely in line with the two primary responsibilities of our NCO creed, accomplishing the mission and taking care of Soldiers."

Carey went on to say that, "A strong NCO Corps, working in tandem with command directives and support can intervene to prevent the kinds of tragic events that cause needless loss within our ranks. Our first line leaders are in the best position to assess a Soldier's personal risk factors and to provide timely, lifesaving intervention. We must prepare junior leaders to succeed in this daunting task."

More information

More information on the NCO Loss Prevention Leadership Program can be found at <http://riley.army.mil/safety> or <https://cra.army.mil/home/>. For additional assistance call the Installation Safety Office at 239-2514.

The primary goal of the NCO Loss Prevention Leadership Program is to reduce the number of accidental Soldier fatalities by providing our NCOs and first line leaders with the ability to identify high risk Soldiers and, once identified, to intervene using effective training and counseling.

Many tools, already utilized by today's engaged leadership, are incorporated into the program, such as: the Soldier Risk Index (SRI), a guide to identifying high risk Soldiers; the S.T.O.P.P. Program which means Stop, Think, Observe, Plan, Proceed and Embed is a simple approach to risk management in routine, every day situations; and the Doctrinal Composite Risk Management Process (FM 5-19) which is a five-step process that includes identifying hazards, assessing hazards, developing controls, implementing controls, and supervising and evaluating these controls after implementation.

Additionally, officer and NCO evaluation reports are required to comment on performance of safety programs and tasks. These invaluable tools, combined with

the strong commitment from our leadership, will help to ensure that we meet and even exceed our goals.

Leadership responsibilities at all levels, from FORSCOM to the first line supervisor, are outlined in the program guidelines.

The FORSCOM command sergeant major will ensure every Soldier receives safety/risk management training, to include S.T.O.P.P. Program familiarization, and that all NCOs understand and make effective use of the SRI.

The command sergeant major will also implement and report completion of the NCO Safety Training Program.

Senior NCO leaders, first sergeants and master sergeants,

and command sergeants major will complete the online commander's safety course within 60 days of assuming the position.

All sergeants assigned as platoon sergeants will complete the additional duty safety officer course within 60 days of assuming the position.

Squad leaders and first line supervisors will complete the SRI Program of Instruction within 60 days of assignment to the position.

The importance of this program cannot be overstated as indicated by the words of Carey, "We must commit fully to dramatically reducing accidental losses within U.S. Army Forces Command. It is a central professional responsibility to our Army and to the Soldiers we lead. Please join me in accepting this personal and professional challenge."

More information on the NCO Loss Prevention Leadership Program can be found at <http://riley.army.mil/safety> or <https://cra.army.mil/home/>. For additional assistance call the Installation Safety Office at 239-2514.

FORT RILEY POST

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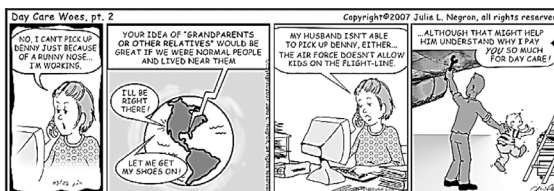
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Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@riley.army.mil or fax them to 239-2592.

Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) - (785) 307-1373
Fort Riley Victim Advocate Program - (785) 239-9435
Chaplains - (785) 239-4357
Irwin Army Community Hospital emergency room - (785) 239-7777
Military Police (785) 239-MPMP (6767)
Local Police (on and off post) - 911

Jenny
THE MILITARY
SPOUSE





Post, Army news briefly

Security course scheduled

A Security Manager's Orientation Course (SMOC) will be held for all S-2s and security managers from 9 a.m. to 4 p.m. April 10-12 at Riley's conference center. For more information, call Pete Paras at 239-3607.

CYS to celebrate military children

Join Child and Youth Services staff throughout the month of April as they celebrate the Month of the Military Child.

Several events are scheduled throughout the month, including a parade, pancake breakfast and numerous interaction activities for parents and children.

Several open houses are scheduled in April to allow parents, children and guests to tour CYS facilities and meet staff.

For a complete listing of events planned throughout the month contact Child & Youth Services at 239-9478, 239-5077 or visit www.riley.army.mil.

Dining facility changes hours

The Combat Aviation Brigade Dining Facility hours have changed. The dining facility is now open for breakfast starting at 6 a.m., and will be until May 11. This change is necessary to provide support for the increased head count received during Soldiers in-processing.

Tax Center offers services

The Fort Riley Tax Center offers free income tax preparation to Soldiers, their family members, and retirees.

The Tax Center will help prepare and e-file federal tax returns and will also assist in preparing state returns.

Persons wishing to file should bring proof of identification including social security cards for all family members along with any tax forms and a copy of last year's return.

The Fort Riley Tax Center is located in building 7434B, directly across from the bowling alley on Custer Hill.

Hours of operation are 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturday.

Call 239-1040 for more information or an appointment.

Violators of Hoax Act could receive fines, prison time

CID Public Affairs

FORT BELVOIR, Virginia — Persons making false or misleading statements to families about the death, injury, capture or disappearance of a member of the Armed Forces of the United States during a time of war could be fined, imprisoned or both.

According to the Stop Terrorist and Military Hoaxes Act of 2004, codified at Title 18, U.S. Code, Section 1038, it's a criminal offense to convey false or misleading information about the status of a servicemember during a time of armed conflict. In addition to fines, violators can face up to five years in jail for the hoax. When serious injury occurs as a result of a hoax, possible jail time increases to 20 years, and life imprisonment is possible for the perpetrator if death occurs as a result of a hoax.

"The section was added by an act of Congress as a direct result of the terrorist attacks of 11 September 2001," said Capt. Anthony Adolph, judge advocate, Headquarters, 3d Military Police

CID Lookout

On Point for the Army

Group (CID).

According to Lt. Col. Stephanie Stephens, U.S. Army Criminal Investigation Command's (USACIDC) staff judge advocate, terrorist hoaxes became an issue shortly after Sept. 11. Existing law at that time generally covered fake bomb threats, but did not apply to fake threats of biological or chemical attack, such as anthrax scares. The proposed "Hoax Act of 2001" was intended to close the gap, but was not passed because it was drafted too broadly. The "Stop Terrorism and Military Hoaxes Act of 2004" includes much of the original basis of the 2001 statute, as well as the additional crime concerning hoaxes related to the status of a military member.

Some individuals belonging to anti-war and anti-government

groups may sometimes prey on family members as an act of rebellion to Soldiers actively engaged in conflict and could face stiff penalties if caught providing false information, Adolph said.

"Soldiers and their family members are easy targets for such groups who tend to prey on individuals with loved ones serving in combat," Adolph said. "Victims of this scam should know that in the case of injury notifications, the Soldier will be asked to personally call the family. If unable to do so, the call will come from the Casualty and Mortuary Affairs Operations Center (CMAOC) at the U.S. Army Human Resources Command or the hospital where the Soldier is recovering."

According to Col. Pat Gawkins, CMAOC director, if a Soldier dies in theater or while

recovering in a medical facility, a casualty notification officer will make an in-person notification.

"Unfortunately, there have been circumstances beyond our control when we have had to make notifications by telephone," Gawkins said. "These calls are followed up immediately by a Soldier or officer who will extend condolences."

"We have had issues of the Record of Emergency Data (DD93) not having current addresses or incomplete next of kin information which have caused us to make telephonic notification," he added. "In these cases, by simply trying to verify an address, or one next-of-kin calling another while their Casualty Notification Officer was present, we have made notification. Again, this happens in very few cases, but it does happen."

In addition to the personal visit, Adolph said a casualty assistance officer will also provide immediate support for the family member whenever and wherever necessary to help the family through their crisis.

According to Stephens, the 2004 Hoax Act is meant to not only protect the victims of a hoax, but responders as well.

"The civil action portion of the statute means that in addition to criminal penalties, a person who violates the statute may be required to pay for the cost of any expenses that an emergency response or investigative agency incurs while responding to their hoax," Stephens said. "Hoaxes distract federal, state and local law enforcement criminal investigators and emergency responders from a real crisis and threats, resulting in a risk to public safety and national security."

CID Special Agents recommend if a family member ever receives a call concerning the medical status of their loved ones deployed to a combat zone, they should note the name and telephone number of the caller, if possible, and contact the local Casualty Office or the American Red Cross to confirm. If the call is determined to be a hoax, immediately report the crime to the local CID office.

Detective's actions give Soldier second chance

By Cpl. Tremeshia D. Ellis
19th PAD

In a scene reminiscent of a Hollywood thriller, police officers desperately tried to reason with an armed and suicidal man while a negotiator and emergency medical teams stood ready to move in.

But, this was no movie. The events were real and a Fort Riley Soldier's life hung in the balance.

That life was saved by Department of the Army police detective Brenda Pendleton who remained calm, allowed her training and instincts to guide her actions and brought the situation to an anti-climactic conclusion, said Vittorino Dimattia, Fort Riley police chief.

Pendleton was awarded the Army Achievement Medal for Civilian Service for her actions that helped give the Soldier a second chance.

Pendleton and Detective Casey Sparks responded to a call about a suicidal man held up in his home with his estranged wife, child and others Feb. 1.

What they found upon arrival was an incoherent Soldier with a long hunting knife pressed to his sternum crying and rocking back and forth.

Though there were already two patrol officers on the scene, Sparks tried to relieve the officer who had been negotiating with the suicidal man.

"It can get kind of tiring talking to someone in that state of mind," Sparks said.

The Soldier was unresponsive. This seemed odd to Sparks and Pendleton who both had responded to countless suicide calls during their careers.

"Most of the time we can engage the individuals," she said. "Usually, you know they want help."

This was different.

"There was no conversation," Pendleton said. "He wasn't indicating that he wanted help. You could tell he was distraught."

Concerned for the man's safety, Sparks grabbed the patrol officer's PR-24 baton and started to move in closer.

Every time he moved closer, however, the man became more agitated.

Sparks said he decided at that point to call for Criminal Investigation Division negotiators and an ambulance in case the situation took a turn for the worse.

That's when Pendleton took over.

As soon as she had the baton in her hands, she said she started looking for an opportunity to subdue the Soldier, afraid that the knife that pierced his clothing would soon be thrust into his flesh.

"I wanted to get close," she said. "He was rocking uncontrollably. I was afraid he would impale himself."

Pendleton said she slowly and inconspicuously inched her way nearer to the man while assuring him that life was worth living.

Then it happened. The Soldier closed his eyes for a split second, giving Pendleton the chance she needed to take action.

"When he wasn't looking, I smacked his hand, knocking the knife to the floor."

After the man was disarmed, the responding officers quickly restrained him until he could be transported to the hospital for evaluation.

"I guess she just got close enough or he closed his eyes long enough for her to knock the knife away," Sparks said. "We jumped on him, charged him and kept him from harming himself."

Though the detectives said they



19th PAD/ellis

Anthony Metcalf, officer in charge of the Fort Riley Special Reaction Team, and Ryan Brocksmith, team member, demonstrate the proper use of the PR-24 collapsible control baton during training at the 97th Military Police Battalion headquarters March 21. Another officer, Detective Brenda Pendleton, used the PR-24 to disarm a suicidal man Feb. 1. Pendleton was awarded the Army Achievement Medal for Civilian Service for her actions.

were unsure what brought the man to the point of desperation and despair, they were certain of one thing — Pendleton's actions

helped save his life.

"She did everything by the book," Dimattia said. "She gained his confidence, moved in closer,

and eventually used the PR-24 night stick to slap the knife away from the man, possibly saving a life or at least preventing bodily harm."

Sparks agreed. "The Soldier could have committed suicide or fallen on the knife unintentionally because of his emotional state," Sparks said, crediting Pendleton with saving the Soldier's life.

According to Pendleton, the credit should go to the instructors at the training academy here who instruct all military and DA officers on proper PR-24 use during a two-week block of instruction.

"I think my training in the PR-24 at the academy was invaluable," Pendleton said. "I was able to use minimal force to stop an incident that could have become much more serious."

As for her award, Pendleton was both appreciative and modest.

"I was only doing what any other officer would've done to take care of a person who needed help," she said. "It humbles you when someone acknowledges something you've done. I didn't want him to actually hurt himself."

Christopher Ferris, director of Emergency Services, and Dimattia presented Pendleton with her medal during a March 9 ceremony.

GEARY COMMUNITY HOSPITAL
3 x 6"
Black Only
3x6:geary_hospital_3/22.6125.3k

CENTRAL NATIONAL BANK
3 x 6"
Black Only
3x8CND03/29





Post, Army news briefly

CBRN course offered on post

Fort Riley offers a two-week CBRN Defense course each month to train personnel assigned to units' CBRN Control Party.

The Control Party consists of a CBRN Officer and CBRN NCO (an enlisted alternate if no CBRN NCO is assigned).

It's also an opportunity to earn five college credits from Barton College.

These positions are inspected areas during command inspections. The class also provides training to unit 74D, CBRN NCOs (as long as they are not a BNCO grad).

Units can have multiple Soldiers trained for continuity. The next post CBRN courses are scheduled for April 16 through 27 and May 7 through 18.

Prerequisites for the class are:

- A GT score of 100 or above (or ST of 95 or above).
- Rank of specialist or above (waiverable for private first class).
- A minimum of one year service remaining.

Units should call Jerald Busing, Troop Schools, at 239-5432 to register. For more information on the course, units also can call Michael Walter, Post Chemical, at 239-6395.

ASAP offers training

The Fort Riley Army Substance Abuse Program conducts monthly classes for Soldiers the rank of sergeant and above who have been selected by unit commanders to assist them as an ASAP subject matter expert.

During the certification process, Soldiers learn how to assist commanders in briefing new unit personnel regarding ASAP policies, procedures and services, and how to develop, manage and facilitate the ASAP prevention education program to their Soldiers.

Classes are scheduled April 25-26, May 23-24 and June 13-14.

The Unit Prevention Leader Certification Course has a rigorous two-day curriculum with a required final test to achieve UPL certification. The course will be taught from 9 a.m. to 4:30 p.m. each scheduled day at the Digital Training Facility in Building 7285.

For information or to enroll Soldiers for the class, call Clyde Sallee, Fort Riley UPL training coordinator, at 239-1928 or 239-4151.

KIM MOIR POLISH POTTERY
1 x 2"
Black Only
1x2@polishpottery

TYME OUT
1 x 2"
Black Only
1x2_lunzspecial.1/12.9049.lk

FIRST PRESBYTERIAN CHURCH
1 x 2.5"
Black Only
1x2.5 1st Presbyterian

DAPS handles print jobs big, small

By Spc. Stephen Baack
1st Inf. Div. P4O

They facilitate the printing of many of the Army manuals and regulations Soldiers need to do their jobs, the programs for on-post ceremonies, the oversize posters hanging on walls across post and even some of the banners at redeployments.

As busy as they are, the technicians at the Document Automation and Production Service printing office – with specific exceptions – want to facilitate all of the official print jobs for Fort Riley Soldiers.

According to Al Young, production manager at DAPS, it's

less of an issue of his desire to print than it is a requirement for Fort Riley personnel to go through DAPS to print programs, posters, banners and even manuals when they use government funds.

Young cites Army Regulation 25-30, which covers the Army publishing program, to get his point across.

"The government says as long as it's 25 production units – that's 25 clicks on a machine – the job has to come through us," Young said. "People are using their printers to print out manuals and they only print one-sided. That's just burning up the printer and costing the government money. They're supposed to bring those jobs

down to us."

DAPS typically accepts printing orders three to five days in advance and larger orders further out depending on the size, according to Young. Rarely, he said, do they accept late-notice orders that require turn-around in less than 24 hours.

Last-minute projects generate the No. 1 reason people go elsewhere for their print jobs, which Young said can technically warrant an Article 15 if the person uses a government purchase card. Otherwise the customer may pay out of pocket, which is almost always more expensive, Young said.

"You should plan ahead to get things printed," Young said. "People wait last minute and that's going to cause problems."

When DAPS receives an order, they then decide whether technicians can complete the print job in-house, Young said. If they do not have the resources, time or equipment to do the job, DAPS then will either transfer it to a civilian contractor, bring the job

to a DAPS in a different region or send the job to another government agency that can do the job.

"Every DAPS shop has different types of equipment to handle the different types of material needed to be printed," Young said. "If we can't do it or send it to another DAPS, then we'll send it to a government printing office. They say that in the regulations. The customer cannot go downtown to Kinko's...that is against regulations. If the Soldier wants to go downtown and get something printed, they have to pay out of their own pocket."

The Fort Riley DAPS office has a higher scope of capabilities than most government printing agencies and DAPS offices in the region, Young said. The office can produce a variety of materials from small brochures to oversize laminated foam-board posters – all in color.

While the office here can print a small variety of jobs such as standard operating procedures manuals from PowerPoint or Word files, a PDF file is required

for most other printing jobs both small and large.

This is especially important for official programs for ceremonies like changes of command and official invitations that require adherence to protocol regulations, according to Young, who said customers of DAPS need to work with the Media/Visual Information Support Center to meet these protocol requirements before they go through the DAPS office itself.

Gary Marston, a duplicating equipment technician who has worked at DAPS for 36 years, said he's surprised by the number of people who do not know about their office.

"Sometimes somebody will come in and say, 'Well, I've been here two years and I just found out you're here.'"

"We really want to support everyone and give everyone good service," Marston added. "It's great to feel like you're supporting the troops and helping with the war effort."



1st Inf. Div./Baack
Bill Reimler, document automation production technician at the Document Automation and Production printing office, organizes a stack of full-color 1st Infantry Division documents surrounded by printing and copying machines such as the one in the foreground used for sorting.



1st Inf. Div./Baack
Gary Marston, duplicating equipment technician at the Document Automation and Production printing office, loads an oversize foamboard status-tracking poster into the DAPS lamination machine.

HOUSE FILL AD

JUNCTION CITY GENERALS
2 x 9"
Black Only
2007 home games

MANHATTAN ARTS CENTER
3 x 9"
Black Only
3x9 Man Arts Ctr



4th BCT/Timmons
Brig. Gen. John Campbell, 1st Cavalry Division deputy commanding general for maneuver, listens to an Iraqi woman's plea for him to help find a lost family member during a visit to the Doura Market March 22. While listening to her, Campbell said he would see if the missing person was being held by coalition forces. Campbell visited the Iraqi National Police station and the local combat outpost as well during the visit.

Coalition leaders visit outpost, Iraqi market to assess security

By Sgt. 1st Class Robert Timmons

4th IBCT, 1st Inf. Div. PAO

BAGHDAD. — In December, it was drab, deserted, dirty and a hotbed of crime. Today, the bright color of shoes, shirts and other goods shine in a cleaned up Doura Market.

Brig. Gen. John Campbell, Multi-National Division - Baghdad and 1st Cavalry Division deputy commanding general for maneuver, visited the market March 22 to talk to local citizens and to assess the market's security.

Campbell arrived via a humvee patrol that drove slowly through the market and off the main street in order to avoid kicking dust into the shops.

Accompanied by Col. Ricky D. Gibbs, commander of the 4th Infantry Brigade Combat Team, 1st Infantry Division and Lt. Col. Stephen L. A. Michael, 2nd Battalion, 12th Infantry Regiment, 2nd Inf. Div. commander, Campbell visited the Company A, 2nd Bn., 12th Inf. combat outpost in the market and walked the streets.

The outpost, a structure nestled behind the market's main thoroughfare, houses the Co. A troops and is a base of stability in the market.

Sgt. Derek Remaley, whose unit has lived at the outpost since March 12, said the day-to-day life for the locals has improved.

"It has been pretty good out here," said Remaley, a combat

medic for Co. A. and native of Twin Falls, Idaho. "It has gotten a lot better since being out here."

But there are still speed bumps to the process of rebuilding the market place. Crime still infests the market, but is being systematically rooted out allowing for Iraqi shop owners to return to playing their wares.

To combat the crime, a tip line has been set up for citizens to call and report crimes.

After touring the combat outpost, and checking on the condition of the "Warriors" living there, Campbell paid a visit to the Iraqi National Police station around the corner. As part of the Baghdad security plan, combat outposts are being created near existing Iraqi security force stations in order to provide around-the-clock joint security.

Upon completion of the outpost tour, Campbell, Gibbs and

Michael toured the shops escorted by a senior Iraqi police officer.

Speaking to a group of Iraqi men, Campbell asked them if they had any problems and said, "If you have any problems come see either this man or this man," pointing to the Iraqi police officer and Co. A Commander Capt. Benjamin Jones, a native of Meridian, Miss.

Shortly thereafter an elderly woman approached seeking information about a missing family member. After taking information off the missing man's identification card Campbell said politely, "We will check to see if we have him."

HOUSE FILL AD

FURNITURE WAREHOUSE
3 x 9"
Black Only
1x5FullColor

HOUSE FILL AD

PRAIRIE HAWG CYCLE &
LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawk MarTF

TRICARE COUNSELING
1 x 1"
Black Only
1x1Tricare02/11.f

HOMESTEAD AUTO
1 x 1.5"
Black Only
1x1.5.HomesteadWrecker01/04

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x1.diaccare.3/8.6263.1k

MANHATTAN SHOE REPAIR
1 x 2"
Black Only
1x2 Man Shoe

DICKINSON THEATRE
1 x 1.5"
Black Only
1x1.5.adchangeMOVTF11/07.1k

CINEMA 12/MANHATTAN, KS
1 x 4.5"
Black Only
1x4.5Carmike03/01new

DICK EDWARDS - JUNCTION CITY
4 x 11"
Black Only
4x11Fullcolor CARCARE SPRING



'Charlie Med' saves Iraqi boy's life after fall

By Pfc. Nathaniel Smith
4th BCT, 1st Inf. Div. PAO

BAGHDAD - On the evening of March 15, the medics of Company C, 610th Brigade Support Battalion, 4th Brigade Combat Team, 1st Infantry Division, saved a four-year-old Iraqi boy's life after the child fell on a steak knife.

The knife was successfully removed from the boy's neck with only minimal damage to his thyroid gland, a relatively minor injury compared to what could have happened.

Capt. Ross Witters, the battalion surgeon for 610th BSB, said luck was on the boy's side.

"He's about as lucky as you can get," Witters said. "He should have went out and bought a lottery ticket."

Lost in the recounting of the story is that in lesser hands the boy may not have been so lucky. This patient's success is a sign of the abilities of "Charlie Med" medics, Witters said.

"It reflects very highly on their

skill and their level of training," the Omaha, Neb., native said. "They have some of the most outstanding (noncommissioned officers) and officers that I've ever had the honor of working with."

Witters said the reason the medics are so good at what they do is their continual drive to make themselves better. The Soldiers work to improve themselves and hone their skills every day, he said. Whenever they are needed to quickly respond to an emergency situation, they respond hastily and effectively.

In addition to trauma treatment, Charlie Med is responsible for running sick-call at Camp Falcon, supporting all medical care on the base through their clinic, supporting the 4th BCT at combat outposts, on flight operations, and aiding the explosive ordnance disposal teams.

Charlie Med also provides level two facilities to other units at the camp, such as laboratories, emergency rooms, x-rays and physical therapy equipment.

Providing these services to Camp Falcon has not come with-

out challenges. The main problems the medics have faced are a lack of space and communication difficulties.

First Sgt. James Fales, the first sergeant for Co.C, 610th BSB, said the medics can never have enough space, but the communication problems actually benefit the medics through practice.

"We spin up a lot for things that don't happen, but that's just the nature of our work," the Tonganoxie, Kan., native said. "It keeps the edge sharp."

Rehearsals, as Co. C has come to call such spin-ups, are one way to keep the unit trained and ready. "This is an unpleasant task," Fales said. "The only way to benefit the Soldier is to realize that you staying calm and methodically doing your job is the only way you're going to benefit that person."

"Getting over-stressed or getting tunnel-vision is not going to be beneficial to that patient, ever."

The first sergeant said the medics train with an unrealistic amount of stress in order to over-stress the Soldiers so they learn

how to overcome that pressure.

The unit experienced 24 hours of mass casualties during 4th BCT's rotation at the National Training Center, which is unrealistic, but assisted in making the Soldiers understand the stress factor.

Trainers from Fort Sam Houston, Texas, also put Co. C through a training evolution prior to deployment with the same thought in mind.

"The only way you get medics to understand the real deal is to over-stress them," Fales said.

In training, Co. C trained to deal with tense situations. Already, the medical team has shown that training has paid off.

"This is one of the most outstanding groups of people I've had the pleasure of working with," Witters said. "This group here has come together in a way that I have never seen, even in a medical setting."

"Now we do the best we can with whatever gets thrown at us."



An X-ray shows the steak knife medics from Company C, 610th Brigade Support Battalion removed from a 4-year-old Iraqi boy's neck.

Courtesy photo

Man's best friends, unsung heroes in Iraq

Pfc. Kory Wiens of the 94th Engineer Detachment takes his charge, Cooper, a yellow lab out on a search mission. Cooper and other specialized search dogs in Iraq are a unique group of canines "trained for the military operational environment to find firearms, ammunition and explosives during a variety of missions," said 1st Lt. Danielle Roche, 94th Eng. Det. commander.

28th PAD/Bigenho



By Spc. Laura M. Bigenho
Army News Service

CAMP VICTORY, Iraq - They may not carry firearms or communicate as humans do, but specialized search dogs are equipped and trained for battle in ways that make a Soldier's job more efficient and the streets of Iraq safer.

SSDs are a unique group of canines "trained for the military operational environment to find firearms, ammunition and explosives during a variety of missions," said 1st Lt. Danielle Roche, 94th Engineer Detachment commander. Roche, SSD supervisor, arrived in Iraq last October and has been working with SSDs for 18 months.

She also said the dogs have become integral members of the team fighting the war on terrorism. Their ability to detect explosives has saved lives and taken countless weapons off Iraq's streets.

"SSDs have excellent mobility and utility over ground not accessible to most mechanical detection tools and are faster than detection sensors or manual probing," Roche added.

Materials commonly found by

the dogs include TNT, C4, detonation cord, smokeless powder, mortars, weapons and tools, along with materials containing explosive residue used in making improvised explosive devices. SSDs are the first to deem an area clear of explosives.

Like Soldiers, SSDs rely heavily on their battle buddies. An SSD's battle buddy is his trainer, parent and friend. He is the SSD's handler, and their success as a team depends on their ability to work together.

The dogs are fully obedient to their handlers both on and off the leash and under all types of conditions, Roche said. They are steady under gunfire, not distracted by wild or domesticated animals while working, capable of traveling by all types of transportation and react immediately to their handler's commands. Teams are able to search buildings, vehicles, roads, open areas, airports, railway stations and household possessions.

"There's really only one limitation," Roche said. "If something happens to the handler, the dog goes back to the States to retrain

See SSDs, Page 10

Courts-martial find 2 Soldiers guilty

Staff Judge Advocate

Two Soldiers at Fort Riley have been convicted by courts-martial in March.

Pvt. Joshua T. Harlburt was tried at a General Court-Martial March 12 and found guilty of four specifications of distributing marijuana.

The military judge sentenced him to be confined for eight months and to be discharged from the service with a Bad-Conduct Discharge.

...

Sgt. Benjamin T. Stolmeier was tried at a Special Court-Martial March 13 and was found guilty of making a false official statement, driving while intoxicated, wrongfully appropriating a government motor vehicle and firearm, assault, being incapacitated for duties due to overindulgence in intoxicating liquor and communicating a threat.

The enlisted panel sentenced him to be reduced to the grade of E1, to forfeit \$867 pay per month for three months and to be confined for 90 days.

LITTLE APPLE TOYOTA HONDA
2 x 4.5"
Black Only
2x4.LittleApple@erndt

FIRST ASSEMBLY OF GOD - MANHATTAN
2 x 4"
Black Only
2x41st Assem God 11/01.t.f

COLORTYME
2 x 4"
Black Only
2x4.colortyme.get..3/22.1327.1k

LINE-X OF MANHATTAN
2 x 5"
Black Only
2x5 Post. Only Line-X

STANDARD PLUMBING
2 x 5"
Black Only
2x5StandardPlumbing01/07.t.f

BIG ZEKE PRODUCTIONS
2 x 6"
Black Only
2x6BigZeke



Equal Employment Office seeks mediators for upcoming training

Equal Employment Office

The installation Equal Employment Office will conduct a mediation certification course May 21-25 at Riley's Conference Center.

Nominations for the 40-hour course are being accepted from qualified civilian employees interested in serving as mediators in a collateral duty capacity for the Army.

Army Regulation 690-600 and Management Directive 110 of the 29 Code of Federal Regulations (CFR) 1614 require all federal agencies to establish an Alternative Dispute Resolution Program (ADR); a forum to resolve disputes at the earliest level. Media-

tion is the Army's preferred method of ADR.

Nominees should have excellent verbal and communication skills and be able to maintain calm, patience and objectivity in confrontational situations. Individuals nominated to attend this course will be representatives of the Army and should possess comprehension skills that can facilitate attempts at resolution of EEO complaints and workplace disputes. The process, when used at the earliest stage, restores working relationships and may serve as a preventative measure against future disputes, reduces costs incurred with the traditional administrative or adjudicative processes and affords the use of

resources for mission-related programs and activities.

All nominees must complete the training request form, and the form must be signed by the respective supervisor. Forms can be picked up from the EEO Office, 211 Custer Ave. Organizations will be informed of approved selections before April 1.

There is no course fee. Trainees form the Defense Equal Opportunity Management Institute (DEOMI) will conduct the training.

For more information on mediation training, contact L'Tanya Pugh, EEO director, at 239-2595 or ltanya.pugh@us.army.mil.

SSDs

continued from page 9

with another handler."

Pfc. Kory Wiens of the 94th Eng. Det. has been with his dog, Cooper, for nearly a year. The 20-year-old combat engineer said he's grateful to be a dog handler. When Wiens first met the yellow lab, the pup didn't know simple obedience commands. That's all changed.

"I got to teach him all the things he knows, today," Wiens said. "Seeing him out there working is very rewarding. It's amazing to see how far he's come."

Cooper has become more like a kid than a dog to Wiens. He introduces Cooper to everybody as his son, and said being with him is just like watching a kid grow up.

"It's a lot of fun having him in Iraq," Wiens said. "There's never a dull moment with him."

SSD teams spend 22 weeks training together in the U.S. and another 30 days getting acclimated and validated in theater. They live together, work together and receive days off together. The SSDs are required to have a minimum of six hours rest in every 24-hour period. They work after sunset during the summer months due to extreme weather conditions.

"Dogs need time to recover, but unlike a Soldier, you can't push a dog," Roche said. "If the dog is tired, you need to give him a break."

It is the handler's responsibility to determine if the dog can work and how often he needs a break.

Most of the dogs in Roche's detachment are between two and four years old, which means they are still young and playful.

Despite being puppies, they know the difference between work and play, Roche said.

"The harness signifies to the dog that it's time to go to work and search," Roche said. Once the harness goes on and his handler gives proper command, the SSD begins searching. When the dog is "on odor" or has sniffed an explosive scent, he will change his behavior and sit and stare at the source of scent. Once the handler recognizes the signal, the SSD team turns the search over to explosive ordnance disposal teams for clearance.

"We don't clear anything," Wiens said. "We just search then give the search commander our knowledge and recommendations about the area."

"It's just a big game for the



4th BCT, 1st Inf. Div./Smith

Keeping watch

Spc. Marquis Dawkins, a member of the personal security detachment with Headquarters Company, 4th Brigade Combat Team, 1st Infantry Division pulls security outside Company A, 1st Battalion, 28th Infantry Regiment's combat outpost March 17 in Baghdad. Dawkins was escorting Col. Ricky Gibbs, commander of the 4th BCT, to the outpost.

dog," Roche said, "but crucial in saving lives. They're just puppies playing around. As long as they have their drive for search and play, they'll work."

"You have to stay motivated and keep yourself in a good mood," Wiens said. "Your main concern is the dog and making sure he does his job so you can do yours."

Spc. Laura M. Bigenho writes for the 28th PAD.

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Fort Riley Community Life

Thursday, March 29, 2007

Home of the Big Red One

Page 11

Community news briefly

Ed Services to hold forum

Fort Riley Education Services is hosting an Educational Forum which is open to Soldiers, family members and Fort Riley civilians. It will be held April 3 and 4 at Riley's Conference Center.

The theme for this conference is "Meeting the Post-Secondary Educational Needs of the Expanding Fort Riley Community." Hear presentations by educators and military leaders and join the discussion. No registration is required, refreshments provided.

For more information, call 239-6481.

Post-wide yard sale set

Fort Riley's post-wide yard sale will be held from 8 a.m. to 2 p.m. April 14. Community members without a Department of Defense decal on their vehicle will need their vehicle registration, proof of insurance, and a valid ID to get onto post.

Easter sunrise service set

The Installation Chaplain's Office will hold the Fort Riley Community Easter Sunrise Service from 6:30 to 7:30 a.m. April 8 at the Outdoor Chapel near Huebner and First Division Roads. A continental breakfast will be served following the service. In the event of inclement weather, the service will be held at the Morris Hill Chapel, 5315 Jackson Street (corner of Jackson and Ewell Streets near Warner Heights housing area).

Tell me a story event scheduled

The Fort Riley Parent-to-Parent program would like to announce their first "Tell Me A Story" event on post. "Tell Me A Story" seeks to empower military children by using literature and their own experiences in a way that fosters skills for resilience, strong peer and parent connections, a sense of pride and accomplishment, and a caring community.

The "Tell Me A Story" event will be held from 1 to 2:30 p.m. March 31 at School Age Services, Building 5810 at Fort Riley.

The event consists of three parts. First, Maj. Gen. Carter Ham, will read the story, "Mercedes and the Chocolate Pilot." After the story, several Fort Riley Soldiers will make connections from the story to what they are doing in Iraq and Afghanistan today. Then the families will move into small discussion groups with trained facilitators.

Each family will receive a copy of the book and each child will receive a special souvenir to help them remember the story.

For more information or to make a reservation for the event, contact the Parent-to-Parent team at 226-9164 or at rileyparent2parent@yahoo.com.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Single Soldiers learn 'how not to marry a jerk'

By Pfc. Andrea Merritt
1st Sust. Bde. PAO, and
Pfc. Francisca Vega
3rd Bde. PAO

Soldiers are trained to fight readily in combat, but at a free single-Soldier retreat March 9 and 10 at Rock Springs 4-H Center in Junction City, Soldiers were trained on matters of the heart.

During the retreat, Soldiers

attended a seminar called "How to avoid marrying a jerk or jerkette," which addressed guidelines for dating and selecting a suitable partner.

"It's a great program on keeping the head and heart in balance," said Maj. Terry Hayes, chaplain of 1st Sustainment Brigade, who taught the class.

"The heart can get out of control and become madly in love with someone," Hayes said. "So

we're learning some important relationship principles for establishing great relationships and partner selection."

Soldiers who marry into healthy relationships have higher standards of living, lower levels of violence, and children in these families do better in school and have fewer behavioral problems, said Chap. (Maj.) Carl Rosenberg, director of the Family Life Ministry Center. Soldiers in healthy

relationships are also more resistant to the effects of combat stress and more resilient in their recovery from combat stress.

"Love at first sight is about body chemicals," Rosenberg said. "Because of pheromones you're willing to trust someone more than you really know them. Sometimes it works out for couples, but physiology is not a good indicator as to whether you are going to have a healthier, long-

term relationship or not."

It's hard to get people to attend the retreats because they are two days long, but the funding is there, Rosenberg said.

Due to a hectic training schedule, attendance by 1st Sust. Bde. Soldiers was low. Thirty slots were available and only five were filled.

Since the class was so small,

See Retreat, Page 13

Tuning up

'Big Red One' completes spring tour

By April Blackmon
Community Relations

Logging some 1,600 miles in eight days, the 1st Infantry Division Band went on its Spring Tour March 16-23.

The 33-member concert band kicked off its performance series with a March 16 concert in Chapman, Kan. The group then hit the road and performed for hundreds of community members in Nebraska, Iowa, Missouri and Kansas. The group also worked with area school band programs during daytime clinics.

This was the band's first major tour since its return from Germany last summer. It was a two-fold mission for the band, said Chief Warrant Officer Scott MacDonald, commander and conductor.

"We are recruiting for the band field and for the Army as a whole," he said. "And we are taking the message of the Army to the public through our evening concerts."

The tour stopped March 18 in Lincoln, Neb., to perform an evening concert as well as a clinic for Lincoln High School band students the next morning.

"It's good for (students) to sit next to someone who can truly handle the part," said Terry Rush, instrumental music director for Lincoln High School. "It gives them a concept of the sound, how a professional musician can tune."

Following the Lincoln High School clinic, the band headed for Omaha, Neb., another band clinic at Burke High School, as well as a community concert. Highlights included Spt. Benjamin Hosko on the saxophone performing the solo from John Williams' "Catch Me if You Can."

By March 20, the ensemble was in Des Moines, Iowa, playing for an audience that included a few former 1st Inf. Div. Band members.

See Spring tour, Page 12



Sgt. Christopher Gutierrez receives a small American flag from a young fan following the band's performance March 20 in Des Moines, Iowa.

PAO/Blackmon

Group sponsors youth workshop

Flint Hills program hosts Konza Prairie activities

Special to the Post

The Flint Hills Regional Leadership Program, a leadership development program in Geary, Riley and Pottawatomie Counties, is reaching out to future leaders with a special day for select youth at the Konza Prairie.

The Flint Hills Regional Leadership class of 2006-2007 will mentor students from Geary, Riley and Pottawatomie school districts from 9 a.m. to 5 p.m. May 9. Teens attending will be chosen from applications filled out through their respective schools. Those selected will have a full day of leadership training, prairie adventure and scientific discovery.

Activities will include nature tours focusing on prairie scenery, native grasses and wildlife; team building and regional resource awareness activities, to include designating a cash donation to a local non-profit organization in the Flint Hills region.

Lunch will be provided to participants.

To highlight the role of youth leadership in the Flint Hills region, Jonathan Mitchell will speak about his high school experience of turning his dream of a skateboard park in Junction City into reality. Mitchell, formerly a Geary County resident and now a city administrator in Ellsworth, Kan., successfully lobbied and

See Workshop, Page 12

Simple precautions can prevent running injuries

Lt. Col. Richard Baxter
IACH Physical Therapy

The weather is beautiful, the Army Physical Fitness Test is looming, and runners are appearing outside in increasing numbers once again.

For whatever reason runners decide to head outside, there are a few things they should keep in mind to reduce injuries commonly caused by training errors.

Training errors come in many forms including, but not limited to, undergoing a significantly new or changing exercise program; rapidly increasing training program frequency, distance, duration or intensity; over-training or not taking sufficient rest periods between bouts of running; and wearing inappropriate footwear.

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FOR YOUR HEALTH

Rapidly increasing a physical training program and insufficient rest periods between bouts of runs, or over-training, overwhelm the body tissues' ability to repair. The result is inflammation and pain.

In order to avoid complications from such training errors, gradually increase frequency, distance, duration, and intensity of your running program. If you have not run for a period of time due to lack of motivation or injury, do not immediately return to running at the same pace and distance that you were running prior to your hiatus from the jogging trail.

Also, your body needs a recovery period between bouts of high-impact exercise such as running. If you must exercise every day, alternate between a high- and low-impact activity such as biking, swimming, ski machine or stair stepper machine. Running everyday all too often results in overuse injuries.

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Inappropriate footwear takes on many forms. This ranges from wearing court shoes for jogging to wearing jogging shoes that are kept beyond their usefulness.

Only jogging shoes should be

used for jogging. They are designed to support and cushion the foot throughout the thousands of impacts the foot makes during a run.

Although the materials used in many jogging shoes today are almost indestructible, this does not hold true for the midsole of the shoe – the main component to absorb shock. Even though the shoe may hold together and look relatively decent for a year or much longer, the midsole loses its shock-absorbing capacity as the miles accumulate.

Generally, if you run two to three miles three days per week it is wise to change shoes every six to nine months. Many individuals make it a habit to get a new pair of shoes after each semi-annual Army Physical Fitness Test.

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Remember to adhere to post

regulations when running:

- Wear reflective material when running during hours of darkness or reduced visibility
- Run on sidewalks when available

- Do not wear headphones or earphones when crossing streets or when running in the street

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For more information on common injuries and methods to treat them, visit the IACH Physical Therapy Clinic Web page at <http://iach.amedd.army.mil/sections/clinics/physicaltherapy-main.asp>. This is a patient education and information page with links to education and self-care techniques for 34 common joint, muscle, tendon, and ligament conditions or injuries.

For each condition or injury,

See Running, Page 14





Community news briefly

EFMP to hold spring fling

Join Fort Riley's Exceptional Family Member Program for a day of fun and creativity in conjunction with the New Parent Support Program at EFMP's and NPSP's Spring Fling from 10 a.m. to noon on April 28 at the Soldier and Family Support Center.

Several activities are scheduled to allow participants to work with their hands, practice mobility exercises and learn to work as a team. Individuals will be able to help make May Day baskets and participate in kite flying.

For more information, call 239-9435.

Earth Day fun planned on post

Celebrate Earth Day by geocaching at 9 a.m. April 21 on Fort Riley.

Geocaching is an outdoor recreation which uses a Global Positioning System to locate hidden caches.

This will be a great team challenge for families and small groups. Individuals are invited to attend.

The cost is \$5 per person or \$10 per family. Basic GPS skills are required. Participants are encouraged to bring their own GPS or they can rent one from the Outdoor Recreation Center for \$3.

For more information, call the Outdoor Recreation Center at 239-2363.

Car seat checks offered

Anyone wanting a child's car seat checked by a safety expert should call 239-2514 to make an appointment.

Appointments are available from 1 to 3 p.m. Tuesdays and Thursdays at Building 407, Pershing Court.

Spring tour continued from page 11

"When I saw the 1st Infantry Division Band was performing in Des Moines, I knew I had to come see them," said former band member Keith Erickson, who drove from Minneapolis, Minn. to see the concert.

The following two nights were spent in Kansas City, Mo., performing concerts in Lyric Theater and at Park Hill High School, as well as a daytime clinic March 22 at Park Hill High.

The evening performances included solos of "Don't Know Why" and "Somewhere Over the Rainbow" by vocalist Staff Sgt. Renatta Draper. Also featured was Sgt. Michael Moore on the trombone playing the solo for Arthur Pryor's "Thoughts of Love."

"I thought the trombone player's piece was just wonderful,"

said Martha Sanford of Kansas City, Mo. "I haven't been to a concert this nice in a long time."

The tour's last stop was in Lawrence, Kan., for a March 23 concert in Liberty Hall. This was the final performance for trumpet player Sgt. 1st Class Calvin Vonada, who is retiring after 20 years and clarinet player Staff Sgt. Esslita Williams, who is ending 14 years of service.

The band has several upcoming performances, including a jazz band performance April 29 at Abilene's Eisenhower Park band shell for the Abilene Community Mingle.

For more information about the band's upcoming events, visit their Web site at <http://www.riley.army.mil/OurPost/11DBand.asp>.



PAO/Blackmon

The 1st Infantry Division Band performs the "Star Spangled Banner" for the audience at North High School March 20 in Des Moines, Iowa.



PAO/Blackmon

The 1st Inf. Div. Band's Dixie Combo practices on Massachusetts Street in Lawrence, Kan., prior to performing in Liberty Hall March 23.



PAO/Blackmon

Staff Sgt. Frank McCaskill works with Lincoln High School trumpet players March 19 in Lincoln, Neb.

Workshop continued from page 11

worked with city managers to plan, fund and build the park.

"Young people should step up and do something to create change," Mitchell said. "I am sure that once the young people find something they are passionate about, we should stand back and watch because they will certainly

do some incredible things."

The day's event will conclude with activities that build leadership skills as a team.

For more information on this opportunity for Flint Hills' youth, contact Debbie Bengtson at debrabengtson@USD475.org.

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Retreat

continued from page 11

they joined a group from the Combat Aviation Brigade, which was conducting the same training with 10 of their Soldiers.

Sharing experiences

The group watched videos and participated in discussions where they spoke openly about their own relationship experiences and other relationships they have witnessed. It was good to have a small group because people felt more at ease sharing their personal experiences, Hayes said.

"There were some good points especially from the video," said Staff Sgt. Gianna Castillo, unit supply sergeant for Headquarters and Headquarters Company, 1st Sust. Bde.

"It made me think about the relationship I'm in now and which direction I want to take it," Castillo said.

The main points stressed during the seminar were the importance of really getting to know a

partner and four other bonding dynamics in a relationship – trust, reliance, commitment and touch.

Soldiers should wait to marry until after they have established a healthy relationship attachment, Rosenberg said. Living off post or receiving more money are not sufficient reasons for making a life-long commitment.

"To have a healthy relationship attachment, first you have to know someone, then you have to trust them, then you rely on them and after you commit to the relationship, you can touch them," Rosenberg said. "One level should never go higher than the preceding levels to develop a healthy relationship."

Matthew Shelton, chief of legal assistance with the Office of the Staff Judge Advocate, addressed other factors to consider before getting married.

"I think a lot of Soldiers get married because they see a financial benefit, but there is also a cost involved," Shelton said. "You

become legally obligated to support another individual."

Per Army Regulation 608-99, Soldiers are obligated to provide for their family until they are divorced or there is a court order relieving them of that responsibility.

"From my perspective, I believe the financial issue is huge and that's why I bring it up first," Shelton said. "We get a lot of business due to financial strain from marriage. A lot of times young Soldiers get married and start families. It's difficult to do that sometimes on top of deployments, operational requirements and everything else with limited financial resources."

"In the military, finances goes both ways," Rosenberg said. "There are marriages that stay together that aren't necessarily so healthy because the military is their best financial option, and then there are some that the financial challenges of the military cause one partner to go back

home."

Along with financial issues, infidelity and the separation of family are major causes for divorce among Soldiers, he added.

"Servicemembers can work forward from an infidelity," Rosenberg said. "As long as both partners are willing to work at healing and reconciliation they should try. Though, when one decides to leave it's over."

Resources to help

Military OneSource, Family Life Ministry Center and Army Community Services are a few resources available to help Soldiers make the decision to marry or divorce. Soldiers can receive help with making decisions, getting relationship assessments and counseling, and setting up educational seminars.

"We see Soldiers come to us in a variety of stages, but generally by the time they've made the

decision to make an appointment and talk to an attorney, their primary focus is at ending the relationship," Shelton said.

"We review our clients' options including what can be done to make the relationship work. We try to lay out marriage counseling options available to Soldiers that work on the relationship before destroying it to repair the relationship rather than terminating it."

If people find themselves ready to end a relationship, there are two ways of terminating a marriage, Shelton said.

An annulment can be granted if there was misrepresentation or fraud in the marriage. If the marriage is annulled, the people are legally considered to have never been married.

A divorce is recognizing the termination of a marriage. If people are thinking of a divorce, they may be interested in a separation agreement where all the decisions needed to be made in a divorce are made and written in a contract

that is enforceable by a court.

"The other benefit, and I don't think a lot of Soldiers realize this, is if you can get into a separation agreement and then later get a divorce, as long as you both agree to the terms in the separation agreement you effectively have a no-contest divorce, which is less expensive, and it can be done by hiring one attorney instead of two," Shelton said. "It's also quicker."

Hayes said he appreciated the "faithful few" who came out to the class and hopes to conduct the training again with more Soldiers before 1st Sust. Bde. deploys this summer.

Many Soldiers plan to get married before or after their deployment and the training will help them evaluate their relationship, emotions and the various ways of bonding, Hayes said.

For more information on marriage or divorce, Soldiers may contact legal assistance at 239-3117 or their unit chaplain.

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service directory



Running

continued from page 11

the information includes a description of the condition, signs and symptoms, causes, prevention, prognosis, treatment recommendations, and pictures of basic exercises to help treat and recover from the condition or injury. Additional pages include information on exercise and weight loss, diabetes and exercise, and pregnancy and exercise.

Additional links provide access to the Army Physical Fitness School, several virtual hospital Web sites, a low back pain education and prevention interactive tutorial, running shoe selection and other helpful tools and references.

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Here's hoping that you will enjoy the great outdoors from a healthy runner's perspective and avoid sitting on the sidelines due to a running injury that could have been prevented.



LACH/Medrano

Spec. Steven Fike and Capt. Bethany DesChamps, both of MEDDAC, take a jog around Irwin Army Community Hospital.

Commonly asked questions:

• What are the most common running injuries?

The most common injuries include stress fractures, Achilles tendonitis, patellar tendonitis, patellofemoral pain syndrome (pain around and under the kneecap), and iliotibial band syndrome (pain along the outside of the knee), just to name a few.

• How often should I run then?

Running three to four days a week is sufficient to maintain cardiovascular fitness.

Exercise on days between running should be low impact (swim, bike, ski machine, stair machine, etc).

• How far and for what duration should I run?

This is up to the individual runner, but research does show that as the distance and duration increase, injury rates also increase.

• Which is the best jogging shoe to purchase?

It depends on your foot type. An individual with a flat foot/excessive pronation needs a "motion-control" shoe, while an individual with a neutral or normal arch needs a "stability" or "cushioned" shoe. An individual with a high arch/excessive supination needs a "cushioned" shoe.

For more shoe information, a good source is www.runner-sworld.com. On the Web site, click the "Shoes & Gear" tab and then select "Shoe Finder."

Also, the Post Exchange shoe department has information on running shoes for different foot types, and the shoes are marked by type with a tag ("M" - Motion Control, "C" - Cushioned, "S" - Stability).

• What should I do if I develop a running injury?

Do not try to run or work through the pain. Your body is

trying to tell you something.

Take 10 days to two weeks off from running, use ice, and definitely evaluate your shoes and see if it is time to get a new pair.

Sometimes just changing out your shoes makes all the difference.

• What else can I do to prevent running injuries?

Always warm up and stretch prior to running.

To warm up, walk at a brisk pace or a very slow jog for five minutes. Stretch the major muscle groups (calf, hamstring, quadriceps and hip flexors).

The duration of the stretch should be 30 seconds. Latest research has shown that a stretch should be held 30 seconds and repeated several times in order to increase flexibility.

Stretches held 15 seconds do not improve flexibility.

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3 x 8"

3x8 Full Color Faith Run

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HARRAM'S PRAIRIE BAND CASINO
4 x 10"
4x10 Full Color Harrah's





Community news briefly

Bark Park set to open

Fort Riley's Bark Park, a community dog park, will hold its grand opening at 10:30 a.m. March 30. The Bark Park is located on Main Post off of Huebner Road near the post cemetery. Garrison Command Sgt. Maj. Michael Mathews will speak briefly at the event.

Trails West offers vacations

To show appreciation to the military, Trails West, a Christian based family camp nestled in the beautiful Colorado Rockies, is offering a week long family camp package to military families.

The price for the trip includes a graduated registration and commitment fee. Transportation costs to and from the camp are not included.

The package includes all meals and lodging, as well as activities for all ages including jeep tours, horseback riding and swimming.

Two opportunities are available for Fort Riley families from July 8-14 and August 12-18. Registration for the July camp is from April 1-30. Registration for the August camp is from May 1-31.

For more information, contact Chap. (Maj.) Keith Shurtliff at 240-1145, e-mail david.keith.shurtliff@conus.army.mil or visit www.younglife.org/Events/Military/FortRileyFamilyCampAt-TrailWest.htm.

Auto center sets new hours

Fort Riley's Automotive Skills Center will be offering new hours to better serve its customers beginning April 1.

The facility will open during the lunch hour at 11:30 a.m. and remain open until 8:30 p.m. Wednesday, Thursday and Friday.

The Automotive Skills Center will continue to be open from 9 a.m. to 5 p.m. Saturday and Sunday and closed on Monday and Tuesday.

For additional information, call 239-9764.

ASAP challenges Soldiers to be alcohol-free



Clyde Sallee

By Clyde Sallee
ASAP Prevention Specialist

April is National Alcohol Awareness Month. Fort Riley has supported this campaign annually with various alcohol awareness activities as part of the nationwide public information campaign. This year's theme is, "A call to action."

The Fort Riley Army Substance Abuse Program requests your support during National Alcohol Awareness

Month by having your unit prevention leaders provide or coordinate additional alcohol awareness training with emphasis on underage and binge drinking. We want to get the word out to our Soldiers, family members and civilian workforce about alcohol abuse and the effects it has on our bodies and the society in which we live.

An integral part of National Alcohol Awareness Month is the observance of an alcohol-free weekend April 6-8. The alcohol-free weekend is designed to raise public awareness about the impact alcohol use may have in our lives.

Being alcohol-free for a weekend, some people may learn alcohol use is impacting their lives for more than they realize. It could be an eye opener to realize that it is more difficult to have activities without alcohol being present. Some people may find it very difficult or even uncomfortable to not use or have alcohol as part of normal weekend activities. Those that find

an alcohol-free weekend difficult to handle are urged to contact the ASAP or civilian agencies for further information about alcohol use and misuse. The Fort Riley ASAP team is available to provide alcohol and drug awareness education classes to military and civilian departments on post. To schedule training please call Prevention Services at 239-1928, 239-5075 or 239-5047. We would be happy to assist you with your campaign awareness training.

Stolen wallet recovered after 22 years

By Mike A. Glasch
Army News Service

FORT JACKSON, S.C. - In what could be a scene out of "Cold Case," a retired Fort Jackson nurse has her wallet back - 22 years after reporting it stolen.

Annie Kelley couldn't believe it when the military police desk called her March 3 and told her they had a wallet she had reported stolen while attending a housewarming party on post in 1985.

"When they called I asked them, 'Are you sure it's mine?' It can't be mine, it's been missing more than 20 years," she said. "But then he started reading off my Social Security number and some other personal information and I knew it was mine."

The maroon wallet was recovered by a fisherman at

Twin Lakes. The unidentified angler flagged down a passing patrol car and turned the wallet over to Sgt. Jeffery W. Williams. Williams said when he saw the condition of the wallet and heard the fisherman's story he became concerned.

"At first I was worried that we might have a body in the lake," he said.

Williams took the wallet back to the dispatch desk. From the identification still inside, including Kelley's Department of the Army civilian identification card, he and the desk sergeant were able to track her down through the vehicle registration system.

"I was relieved when we were able to get hold of her," Williams said. Kelley picked up the wallet the next day and started to go through it.

"Even though it was all

soggy from being in the lake, I was amazed that some things were still intact," she said. "My civilian ID card from Fort Jackson held up very well."

"There were some credit cards from local stores that are no longer in business and photos of my son and daughter-in-law," she said.

Kelley said she would like to thank the fisherman who found the wallet and turned it over to the MPs.

"It speaks highly of the character of that person," she said. "To bring what looked like nothing to the MPs shows that he or she is very honorable and noble. Nowadays most people don't do things like that - most people would have just thrown it back into the lake."

Mike A. Glasch writes for the Fort Jackson "Leader."

Women's History Month reminds female Soldiers how far they've come

By Sgt. Amber Robinson
Army News Service

BAGRAM AIRFIELD, Afghanistan - Women serving in the U.S. military have come a long way since the years of World War II, when American women began serving more formally in their country's military.

"Women have fought in battles ever since battles have been fought," said Sgt. 1st Class Lori Kobylanski, equal opportunity advisor for the 3rd Brigade Combat Team, 10th Mountain Division. "Unfortunately they have had to do so illegally. The battlefield has always been male dominated. If women wanted to fight beside men they had to do so in disguise or by chance. Women would dress as men to fight, or women responsible for bringing Soldiers water or food would pick up a weapon and fight."

During the 1940s, women began integrating themselves into the armed services formally when the Women's Auxiliary Army Corps and Women Appointed for Volunteer Emergency Service were founded, allowing women to serve in a military manner.

The WACC and WAVES allowed women to contribute to the fight, mostly in a medical capacity. It was not until 1973, when the draft for the Vietnam War ended, that women were allowed to fall into the ranks alongside men. Today, more than 229,000 women serve on active duty.

As Operation Enduring Freedom stretches into another year, women serving in all armed forces continue to break barriers on the battlefield. In a predominantly male institution, the

women of the military have worked hard to earn the respect of their male counterparts.

Adaptability has played a huge role in that. "Men and women each lead differently," said 1st Lt. Lori Instahl, platoon leader for 3rd Platoon, 585th Engineer Company, based in Fort Lewis, Wash. "Leading a mostly male platoon, I have adapted my leadership techniques to that fact."

Although military women have strived to become more resilient and embrace their strength, they also bring compassion to the fight. Humanitarian assistance missions and medical work on the battlefield are special occasions in which the compassionate edge of a female is key, according to

See Women, Page 20

Fort Riley named Tree City USA 20 years running

By Pfc. Dustin Roberts
CAB PAO

For the 20th consecutive year, Fort Riley has been named a Tree City USA community by the National Arbor Day Foundation.

The designation makes Fort Riley the most recognized Tree City USA community in the U.S. Army and in competition for honors as the most recognized installation in the entire Department of Defense.

A ceremony is scheduled March 27 in Manhattan, Kan., to honor Fort Riley's commitment to community forestry, said John Barbur, supervisory agronomist, Fort Riley Conservation and Restoration Branch.

The program is supported by the National Arbor Day Foundation, the National Association of State Foresters and the U.S. Department of Agriculture Forest Service.

Four standards must be met in order to be named a Tree City USA community. The community must have a tree board or department, a tree care ordinance, a

comprehensive community forestry program and hold an Arbor Day Observance.

"There are certain standards that show Fort Riley's proper care," Barbur said. "We have to maintain a governing initiative to care for our forestry, and I think Fort Riley has done an excellent job."

Fort Riley spends \$2 per capita on maintaining and improving grounds in accordance with Army Regulation 200-3, a directive on land, forest and wildlife management.

"Our working body commits to maintaining good aesthetics and quality of life in both conservation and restoration at Fort Riley," Barbur said.

John Rosenow, the president of the National Arbor Day Foundation, said the conservation of trees help keep the air clean, moderate temperature, and preserve soil and water.

"Trees are a vital component of the infrastructure in our cities and towns, and provide environmental and economic benefits," Rosenow said. "A community that recognizes these benefits and provides needed care for its trees deserves recognition and thanks."

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Community news briefly

SKIES to hold open house

The SKIES Unlimited program, which holds instructional classes for youth, will be held an open house from 6 to 8 p.m. April 12 at Building 6620. Students will demonstrate skills they've learned in SKIES classes and instructors will be on hand to answer questions about their classes.

For more information about SKIES programs, contact Shelley Anderson-Buckley, programming specialist, at 239-4723.

AAFES to open new store

The Post Exchange will hold the grand opening of its new furniture store at 10 a.m. March 30 at Building 289 on Main Post behind King Field House. For more information on the opening, contact Artina Vincent at 210-5668 or vincentar@aafes.com.

Learn to swim programs set

Registration will begin April 2 for the American Red Cross' Learn to Swim programs. Registration will be at Long Pool from 4 to 8 p.m. Monday through Friday and from 1 to 6 p.m. Saturday and Sunday.

The fee is \$20 per child and classes will be held from April 16 to 27.

Participants will be divided into the following categories:

- Monday, Wednesday and Friday
- Level A - 10 to 10:30 a.m.
- Level B - 10:30 to 11 a.m.
- Monday, Tuesday, Wednesday and Thursday
- Level I - 4 to 4:30 p.m.
- Level II - 4:30 to 5 p.m.
- Level III - 5 to 5:30 p.m.
- Level IV - 5:30 to 6 p.m.

Call 239-9441 for more information.

Post volunteer ceremony set

Fort Riley's Volunteers of the Year will be announced at 7 p.m. April 16 at Riley's Conference Center. Maj. Gen. Carter Ham will host the event honoring Fort Riley's top volunteers in five categories.

The event is free and all are invited to attend.

Mother's Day flowers offered

Better Opportunities for Single Soldiers will deliver Mother's Day flowers May 11 at Fort Riley.

Carnations are on sale for \$2.50 a stem or a "mom" pendant and carnation can be purchased for \$8 while supplies last.

Call 239-5614 to place an order.

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Post schedules services for April religious holidays

By D. Erich Schwartz
Deputy installation chaplain

The beginning of spring coincides with important holy days for major religions, including Christians and Jews.

Christians begin Holy Week on Palm Sunday, which falls on April 1 this year. On post, the Roman Catholic community plans these special services, all at St. Mary's Chapel:

Holy Thursday, 6 p.m. April 5 - Mass of the Lord's Supper

Good Friday, 6 p.m. April 6 - Celebration of the Passion

Easter Vigil, 8 p.m. April 7

Additionally, there will be an inter-denominational Christian service at noon April 5 at Irwin Army Community Hospital's second-floor chapel.

Christians throughout the world will celebrate Christ's resurrection on Easter Sunday, April 8. Fort Riley hosts a traditional sunrise service at the Outdoor Chapel at 6:30 a.m. In case of inclement weather the service will

be held at Morris Hill Chapel.

The sunrise service is open to the public and will feature a sermon by Chap. (Lt. Col.) Brent Causey, the 1st Infantry Division chaplain.

A 1st Inf. Div. Band brass quintet, led by Staff Sgt. Frank McCaskill, will accompany the congregation's singing of favorite Easter hymns.

The Morris Hill gospel ministry team, under the leadership of Daphne Maxwell, will provide special musical, and Carla Nwoga, director of dance ministry at Morris Hill Chapel, will lead liturgical dancers in a presentation of "Holy Spirit."

At sundown April 2 Jews begin this year's observance of Passover, the commemoration of the Hebrews' liberation from slavery in Egypt. The Jewish Congregation of Manhattan, Kan., invites the Fort Riley community to a traditional Seder meal. To find out more about the meal or to make meal reservations, call 539-8462.



Photo: Schwartz

Carla Nwoga is one of about 12 liturgical dancers who will participate in the Fort Riley community Easter Sunrise Service at 6:30 a.m. April 8 at the Outdoor Chapel. The inclement weather site for the service is Morris Hill Chapel.

Family brings musical talent to post child care center

By Vicki Ohmacht
CDC

Music came alive at the Warren Road Child Development Center recently as an employee's family shared their talents with the preschoolers.

Devin and Ethan England were recruited to perform by their grandmother, Gloria Page, a Child and Youth Services program assistant in Module Six. Devin performed on drums while Ethan played a recorder.

"The children were visiting from Texas on vacation, and they were enthusiastic about performing here from the start," Page said. They love to perform. Devin even wrote down the notes for Ethan so he could practice."

"I was nervous at first, but once I started playing, I really liked it," Ethan, age 9, said. "When I played a song they knew, the little

kids sang with me. It was really neat to see them smile."

"It was so rewarding to see the little kid's faces light up," 13-year-old Devin said. His 6-year-old sister, Hannah, volunteered to read a story to the children, as well.

The preschoolers were fascinated by the performances and talked about the music when they returned to their rooms, Page said.

"After listening to them play, some of them went back to the music areas in the room and started beating on the drums," Page said. "Some of them even said they wanted to be drummers."

Watching artists perform music enhances children's ability to learn language and math, said Carole Hoffman, CDC Director.

"Lots of people don't realize that reading and speaking is a rhythm, so when we encourage children to learn about music and

to learn the rhythm of music, it actually helps their reading," she said.

From infant to preschool, all the modules are required to have music areas, Hoffman said.

"Even the infants are exposed to music, just not in the shape of what people might typically think of music," Hoffman said. "We don't have drum sets in infant rooms, but we have things that

make sounds and that's where children begin to learn with music."

"All of our classrooms have CD players and a variety of music other than just children's music. We have classical, concert and jazz," she said. "As the children get older, the type of musical equipment advances and by the time they get to preschool, we

actually have instruments for the children."

Inviting artists to perform also improves the relationship with the surrounding community, Hoffman added.

"It makes us closer to the community, and it allows the community to come to our facility and see that we are promoting these kinds of skills in children," she said.



CDC/Ohmacht

Nine-year-old Ethan England plays the recorder for preschoolers in Module 5 and Module 6 at the Warren Road Child Development Center with assistance from his sister Hannah.



CDC/Ohmacht

Devin England performs on the percussion drums for preschoolers in Module 9 recently at the Warren Road Child Development Center. His brother, Ethan, (left) waits to play the recorder.

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Community news briefly

Outdoor Rec to hike prairie

Spend an afternoon enjoying the beautiful Konza Prairie by hiking and a taking a driving tour from 1 to 4:30 p.m., May 9.

Transportation will be provided by the Outdoor Recreation Center.

The trip will include a 1-mile hike on the Konza Prairie followed by a guided driving tour of the bison herd.

The cost is \$8 for adults and \$1 for children 17 years of age and younger.

Participants are asked to dress according to the weather.

For additional information or to register, call the Outdoor Recreation Center at 239-2363 or 239-6368.

CDC accepting Pre-K sign-ups

The Child Development Center on Normandy Drive is accepting registrations for the Geary County and Fort Riley Pre-Kindergarten Program. Classroom activities and services will be provided that follow the research-based Creative Curriculum framework.

Services will be offered for 40 children of active duty military servicemembers. Participants must be at least 4 years old by August 31 to enroll in the program.

Children must be enrolled through Child & Youth Services to participate in the Fort Riley Pre-Kindergarten program. Additional information can be obtained at Child and Youth Services, Central Registration Office, Bldg. 6620 or by calling 239-9885 or 239-9478.

Post teen named club's 'Youth of the Year'

By Pfc. Francisca Vega
3rd Bde. PAO

The local Boys' and Girls' Clubs held their Youth-of-the-Year competition March 17 at Fort Riley's Teen Center.

The winner, Andre McFarland, son of Staff Sgt. Vernice McFarland of Fort Riley, will compete against other local winners at the state-level competition April 3 at Fort Leavenworth, Kan.

"I never do anything to lose," Andre said. "I knew about the competition about a week before the deadline, and like everybody I dreamt about winning."

Andre, a junior at Junction City High School, said he hopes to work in the medical field after college.

"I don't know if I want to be a cardiovascular surgeon, or a thoracic surgeon," he added. "It's intense to know you have someone's life in your hands."

Andre looked into the University of California in Los Angeles, but after factoring in out-of-state tuition and other costs, he decided to look into opportunities closer to home.

People have said Kansas State University has a very good medical program, and it would be closer to home, he said.

"If I got a job I could also keep it, and it could help me pay for school," Andre said.

The winner of the state competition will be awarded a \$1,000 scholarship and advance to the regional competition.

Eight youths from Fort Riley

were nominated to enter this year's competition. Five started the application process, but only two completed the rigorous task.

Applicants were allowed two weeks to complete the applications. The process consisted of writing eight essays, accumulating letters of recommendation and commenting on news articles. Applicants could choose essay topics ranging from their character to what the Boys' and Girls' Club means to them. They also had to submit transcripts and undergo background investigations performed by military police.

The winner of the national competition will have accumulated \$26,000 in scholarship awards and get to eat breakfast with the President.



3rd Bde./Vega

Eric Childs, director of the Middle School Teen Center at Fort Riley talks to Andre McFarland after presenting the award for Youth-of-the-Year at the teen center.

FHSU offers girls' math, science camp

FHSU

HAYS, Kan. — Girls between seventh and eighth grades will once again have the opportunity to learn about the benefits and career possibilities of math and science through crime scene investigation at this summer's second Girls Mathematics and Science Camp at Fort Hays State University.

Applications are still open for the one-week, residential camp, which will run from June 10-15. The camp is limited to 24 participants.

"The camp will encourage middle-school girls' continued interest in science and mathematics," said Dr. Paul Adams, professor of physics.

Participants will experience the life of a detective in crime scene investigation by analyzing evi-

dence to piece together clues, using a global positioning system to locate a crime scene and create a robot to enter unsafe territory. Girls will also experience life as college students, living in residence halls and dining in the cafeteria. They will also tour the Sternberg Museum of Natural History.

Registration is \$200. Scholarships are available.

The camp is designed to build a desire to succeed in mathematics and science. The camp will explore mathematics- and science-related careers, provide role models working in science and mathematics professions, and offer a variety of fun and educational activities.

For more information please visit <http://www.fhsu.edu/sci-mathcenter>.

Home wanted

Angel

This is Angel. Angel is a 10-month-old female pit bull looking for a caring home. Angel's new owners will need insurance, a 6-foot fence, and a muzzle for her to wear when she's out and about. Angel is a lover and is good with kids and other dogs.



Fort Riley Stray Facility
Building 226 Custer Ave., Main Post
Hours: 7:30 a.m. to 3:30 p.m.,
Monday through Friday
Phone: 239-6183

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HOUSE FILL AD

DAILY UNION
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WESTERN CREDIT, INC.
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CLASSIFIEDS





Community news briefly

Infant care classes scheduled

The New Parent Support Program will be hosting Infant Care Classes from 9 to 11 a.m. at the Soldier and Family Support Center, Building 7264. Limited child care will be available.

April 5 - Nurturing a healthy family

April 12 - Growth and Development

April 19 - Infant Safety

For more information on the classes, call Toiane Taylor at 239-9435 or 239-5777.

Earth Day event offered on post

Celebrate Earth Day by geocaching at 9 a.m. April 21 on Fort Riley.

Geocaching is an outdoor recreation which uses a Global Positioning System to locate hidden caches.

This will be a great team challenge for families and small groups. Individuals are invited to attend.

The cost is \$5 per person or \$10 per family. Basic GPS skills are required. Participants are encouraged to bring their own GPS or they can rent one from the Outdoor Recreation Center for \$3.

For more information, call the Outdoor Recreation Center at 239-2363.

Orienteering class offered

Fort Riley's Outdoor Recreation Center will be instructing an orienteering class from 9 a.m. to 1 p.m. March 31 at the Land Navigation Course on Custer Hill.

The goal of orienteering is to find the fastest route between a series of marked features using a Global Positioning System.

For more information or to register for the class, call the Outdoor Recreation Center at 239-2219.

CYS to celebrate military youth

Join Child and Youth Services employees throughout the month of April as they celebrate Month of the Military Child. Several events are scheduled throughout the month including a parade, pancake breakfast and numerous interaction activities for parents and children.

Several open houses are scheduled throughout the month to allow parents, children and guests to tour CYS facilities and meet with staff.

For a complete listing of events call Child and Youth Services at 239-9478, 239-5077 or visit www.riley.army.mil.

Women

continued from page 15

Kobylanski.

"We can be tough and we can maintain a strong standard," said Kobylanski. "But it doesn't negate the fact that we are still women. We bring our own special strengths into combat."

Past stereotypes have suggested that women could not stand up to the rigors of combat. Female Soldiers far and wide have been breaking that mold for many years.

"As women, we deal with people underestimating our strength," said Instahl. "We have to work hard to illustrate how capable we are. I love to run and workout - physical strength always wins instant credibility. You also have to illustrate a desire to really get in there with your troops and get your hands dirty. As long as you are trying hard and are always willing to learn, that is half of any battle."

Women's History Month spotlights the efforts of strong women throughout history. These strong

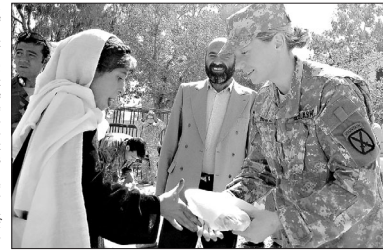
individuals serve as role models, their examples mentoring the women of today.

"It's nice to have a moment set aside for women," said Sgt. Amanda Marion, a medic for C Company, 710th Brigade Support Battalion. "Many women have worked hard to help give us the freedom to attain our goals. Florence Nightingale and Clara Barton, two of the first and most influential Army nurses, serve as my personal role models."

"Twenty years ago there were not a lot of women in the Army who could help mentor you," said Instahl. "The percentage of women in the Army is at an all-time high and still rising. If you have questions, there are plenty of women you can turn to now for answers."

The percentage of women in the military has risen from 1.6 percent in 1973 to 10.8 percent today.

"Women have been breaking barriers in the military for years,"



Courtesy photo

Second Lt. Tammy Landing, a civil-affairs specialist attached to 4th Battalion, 25th Artillery Regiment, Task Force Spartan, hands out humanitarian aid to Afghan school girls.

said Kobylanski. "And they will continue to break those barriers."

Sgt. Amber Robinson writes for Task Force Spartan Public Affairs.

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CLASSIFIEDS





Travel & Fun in Kansas

Page 22

Home of the Big Red One

Thursday, March 29, 2007

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

March 29 - Hannibal Rising, R, 117 min.
March 30 - Norbit, PG-13, 102 min.

March 31 - Bridge to Terabithia, PG, 96 min. (2 p.m. showing)
March 31 - Tyler Perry's Daddy's Little Girls, PG-13, 95 min.

April 1 - Bridge to Terabithia, PG, 96 min.
April 5 - Norbit, PG-13, 102 min.

For more information, call 239-9574.

Junction City:

What: Family Fun Day
When: 3 to 6 p.m. March 24

Where: Twelfth Street Community Center
Web site: www.junctioncityac.org

...

What: Patricia Lacy-Aiken Gospel Ensemble
When: 3 and 7:30 p.m. April 7

Where: Courtyard by Marriott Convention Center
Tickets: \$21 general seating or \$26 reserved seating
Phone: (785) 213-3297

Manhattan:

What: "The Sleeping Beauty"

When: 7:30 p.m. April 21
Where: McCain Auditorium, Kansas State University
Tickets: Public \$36-\$40, students and children \$18 to \$20, military, seniors and faculty \$34 to \$38.
Phone: (785) 532-6428
Web site: www.ksu.edu/mccain

...

What: "Into the Woods." Musical stage production by Steven Sondheim.

When: April 27-29 and May 3-6

Where: Manhattan Arts Center, 1520 Poyntz Ave.
Tickets: \$9 to \$16
Phone: (785) 537-4420
Web site: www.manhattanarts.org

Salina:

What: Pan's Labyrinth, R, 119 minutes

When: 5 and 7:30 p.m. Friday; 2, 5, and 7:30 p.m. Saturday and Sunday; and 5 and 7:30 p.m. Monday-Thursday March 23-29

Where: 150 S. Santa Fe, Art Center Cinema
Tickets: \$6 to \$7
Phone: (785) 452-9868
Web site: www.salinaart-center.org

...

What: Venus, R, 95 minutes

When: 5 and 7:30 p.m. Friday; 2, 5, and 7:30 p.m. Saturday and Sunday; and 5 and 7:30 p.m. Monday-Thursday March 30-April 5

Where: 150 S. Santa Fe, Art Center Cinema
Tickets: \$6 to \$7
Phone: (785) 452-9868

...

What: Gerry Neustrom Young Artist Challenge
When: April 1-22
Where: Salina Central Mall
Phone: (785) 452-9868
Web site: www.salinaart-center.org

First Territorial Capitol set to open

PFTC

The First Territorial Capitol located at Fort Riley will open for the 2007 travel season March 31. The site has been closed, except by appointment, during the winter months, but beginning April 1 walk-in visitors can access the historic first Kansas capitol from 1 to 5 p.m. on Friday, Saturday

and Sunday afternoons until the end of October. In addition, tour groups and visitors can be accommodated at other times by contacting the Geary County Historical Museum at (785) 238-1666 to schedule tours or programs in advance.

The re-opening March 31 will be celebrated with a cookout and potluck picnic on the Capitol

grounds beginning at noon. The meal will be followed at 1:30 p.m. by the annual membership meeting of the Partners of the First Territorial Capitol, the "Friends" group which operates the site.

All members and interested persons are cordially invited to join the Partners for both the picnic and the annual meeting. Bratwursts and sausages will be

provided along with a selection of salads and trimmings.

The program for the annual meeting will be a special multimedia presentation on the new Freedom's Frontier (Bleeding Kansas) National Heritage Area created this past year by Congress. Ron Harris and Cliff Gordon from the PFTC Board of Directors, who have been instrumental in the organization and

application process for the FPNHA, have arranged for the program. In addition, annual reports will be made and four candidates will be elected to new three-year terms on the PFTC Board.

For more information, contact Partner's President Norm Childs at (785) 762-5188 or the Geary County Historical Museum at 238-1666.

Flames



Courtesy photo/Klamm

Controlled prairie fires are used as a land management tool by land owners throughout Kansas. Kansas has the last four percent of the remaining tallgrass prairie in the world.

By Leah Pence

PAO Intern

With the arrival of spring in Kansas comes the arrival of another season, burn season. Along with the green sprouting along the roadsides, Kansans also may notice dark plumes of smoke drifting over fields. One Kansas community celebrates burn season with a festival to teach visitors more about prairie fires.

The Chase County Prairie Fire Festival is a weeklong event held from April 9 to 13 in Cottonwood Falls, Kan., in tribute to the ranchers of the Flint Hills who participate in the annual range management practice of prairie burning.

"Chase County is the heart of the last remaining 4 percent of tall grass prairie in North America," said Sue Smith, one of the founding organizers of the event. Educating people about the historic importance of the prairie is one of the festival's goals.

Smith said she also hopes people learn why burning is a key element in the maintaining of the prairie.

...

Lectures held nightly at the Emma Chase Café, 317 Broadway in Cottonwood Falls. Lecture topics are:

6:30 p.m., April 9 - "What Constitutes A Tall Grass Prairie" by Mike Holder, Chase County Extension Agent.

If you go:

What: Chase County Prairie Fire Festival**Where:** Cottonwood Falls, KS about one hour south of Manhattan on Highway 177.**When:** April 9-14, various times.**Admission:** free to public

For more information please call (620) 273-6020 or e-mail prairie-maid@sbc-global.net.

6:30 p.m., April 10 - "Prairie Song Birds" Bill Jensen, assistant professor, Biology

6:30 p.m., April 11 - "Chase County Remembers" a small group of Senior Chase Countyans recall the early days.

6:30 p.m., April 12 - "New Beginnings," poems by Sammie Simmons and photographs by Duane Graham.

10 a.m. to 10 p.m., April 13 - Twin Cities Lions Club Art Exhibit

7:30 p.m., April 13 - "Tall Grass Gospel," a jam session for the Prairie Fire Festival.

On Saturday, the last day of the festival, various events will be going on around the city from 9 to 5 p.m. The events include "Quilts on Broadway" by the Bazaar Ladies Aid, Twin Cities Art Exhibit Auction, Chase County Art Guild Exhibit at the Prairie Coffee Company.

There will also be many different semi-

nars to attend on Saturday including 11 a.m. - Mammals of the Tall Grass Prairie- by George LeRoux

1 p.m. - Raptors of the Prairie- Bill Reid

2 p.m. - Reptiles of the Prairie- Bill Reid

3 p.m. - Plants of the Tall Grass Prairie- Dr. Tom Eddy, ESU

To end the festival live music by Dan Bliss will take place at 7:30 pm at the PCCB. All events are free and open to the public.

While there are no fires lit specifically for the festival attendees will be directed to certain routes and observation points where they will be most likely to see a fire, "It's an awesome sight," said Smith.

For more information on the Chase County Prairie Fire Festival, call (620) 273-6020 or e-mail prairie-maid@sbc-global.net.

Gospel concert comes to JC

Artist to perform Easter weekend

By Sheryl M. Woodruff

Big Zeke Productions

For the third time Big Zeke Productions, a music production company based in Long Branch, N.J., is bringing a concert to the Junction City area.

Patricia Lacy-Aiken, a long-standing member of multiple Grammy award-winning Sounds of Blackness and a member of Minnesota Gospel Twins, will bring an ensemble of three backup singers and four musicians to Junction City for the concert.

The performances will take place at 3 and 7 p.m. April 7 at the Marriott Convention Center, 310 Hammons Drive.

The concert is open to everyone regardless of age, ethnicity, race, cultural background or denominational affiliation. The concert, titled "Our One Life Celebration Gospel Concert" is a "spiritual entree" leading up to the "main course" on Easter Sunday, April 8, for congregants in civilian and military communities.

Big Zeke Productions encourages Soldiers, spouses and community members to leave their stress, and "disrupted" lives at the door, take a seat and listen as Aiken uses words and music to encourage audience members to "press on" when they feel like giving up, and impart total trust in God no matter what "mountains" they face in life.

Aiken, a backup singer for the late Luther Vandross for 10 years, will take center stage and share music she grew up on - gospel music.

Sheryl M. Woodruff is the spouse of a retired Army veteran and the director of Promotion & Marketing for Big Zeke Productions, LLC, Midwest region.

If you go:

What: Our One Life Celebration with Patricia Lacy-Aiken**When:** 3 and 7 p.m. April 7**Where:** 310 Hammons Dr., Marriott Convention Center

Ticket information: Buy tickets in advance at Marriott Convention Center (two blocks west of Wal-Mart) in Junction City.

Ticket cost: \$21, general seating; \$26, reserved seating near front; \$10, students 21 years of age and younger with ID; \$23 at the door

For more information, call (785) 213-3297 or visit www.BigZekeProductions.com.

ITR provides entertainment discounts

By Julie Mitts

PAO Intern

Whether looking for zoo tickets or booking Caribbean getaways, agents at Information, Ticketing and Registration help Fort Riley Soldiers and their families have fun for less.

"We offer discounted event tickets, hotels and complete travel packages," Candie Call, travel agent at ITR, said.

According to Call, destinations

The ITR office is located across from the Post Exchange and is open from 10 a.m. to 5 p.m. Monday through Friday. For more information, call 239-4115.

include Sandals resorts in Jamaica for adults, and Beaches resorts in the Bahamas for adults and children of all ages. They offer a ski package to Keystone, Colo.

ITR has discounted tickets for

Visit ITR

a variety of theme parks such as Six Flags in Fiesta, Texas, and the Worlds of Fun and Oceans of Fun in Kansas City.

"Also, Sea World and Busch Gardens are currently offering

complimentary tickets for military members and their families," Call said.

For shorter trips, Call said that Dodge City, Lawrence and Wichita are popular day destinations. Tickets also are available for the Rolling Hills Wildlife Adventure, a zoo that recently opened in Salina.

"These are our main services," Call said. "But if you come in with a good idea of something you want, chances are we can help you."

